

Competitive Swimming Programme

Overview of Squad Practice Schedule

Squad		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
		Swim	Land	Swim	Land	Swim	Land	Swim	Land	Swim	Land	Swim	Land	Swim	Land	
Performance Pathway	Performance Squad	AM	05:00-07:30	OFF	05:00-07:30	OFF	05:00-07:30	OFF	OFF	OFF	05:00-07:30	OFF	05:00-07:30	08:00-08:45 Jennyfields	OFF	OFF
		PM	17:45-20:15	OFF	OFF	OFF	16:15-18:45	OFF	16:45-19:15	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	Performance Development Squad	AM	05:00-07:30	OFF	OFF	OFF	05:00-07:30	OFF	OFF	OFF	05:00-7:30	OFF	05:00-07:30	08:00-08:45 Jennyfields	OFF	OFF
		PM	18:45-20:45	OFF	17:45-19:45	OFF	OFF	OFF	17:45-19:45	OFF	16:45-18:45	OFF	OFF	OFF	OFF	OFF
	Foundation Squad	AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	06:00-07:30 KSP	OFF	OFF	OFF
		PM	16:45-17:15	OFF	16:45-18:15	OFF	17:00-18:15	16:00-16:45 Jennyfields	16:45-18:15	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Talent Pathway	Master	AM	OFF	OFF	05:30-07:30	OFF	OFF	OFF	05:30-07:30	OFF	OFF	OFF	07:30-09:00	OFF	OFF	OFF
		PM	20:00-21:30	OFF	OFF	OFF	18:30-19:30	OFF	OFF	OFF	OFF	OFF	OFF	OFF	19:30-21:00	OFF
	Youth Squad	AM	OFF	OFF	05:30-07:30	OFF	OFF	OFF	05:30-07:30	OFF	OFF	OFF	07:30-09:00	OFF	19:30-21:00	OFF
		PM	20:00-21:30	OFF	OFF	OFF	18:30-19:30	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	Intermediate Squad	AM	OFF	OFF	OFF	16:00-16:45 Jennyfields	OFF	OFF	05:30-07:30	OFF	OFF	OFF	OFF	OFF	OFF	OFF
		PM	18:00-19:00 KSP	OFF	17:00-18:00	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	19:30-21:00	OFF
	Junior Squad	AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	08:45-10:15 KSP	OFF	OFF	OFF
		PM	18:00-19:00	OFF	OFF	OFF	17:00-18:00 KSP	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	Hotshots	AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
		PM	17:00-18:00 KSP	OFF	OFF	OFF	OFF	OFF	OFF	OFF	17:30-18:30	17:00-17:30	OFF	OFF	18:00-19:30	OFF

KSP- Knaresborough Swimming Pool