

Squad Timetable 2023-2024
from Tuesday 29th August 2023

Members should also refer to schedule changes sent monthly via our Communications Team.

Swim Skills 1		
Sun	1415-1430	Prepool
	1430-1530	GL1 Twyver
Tues	1800-1815	Prepool
	1815-1915	GL1 Twyver
Thurs	1700-1715	Prepool
	1715-1815	GL1 Twyver

Swim Skills 2		
Sun	1415-1430	Prepool
	1430-1530	GL1 Twyver
Tues	1800-1815	Prepool
	1815-1915	GL1 Twyver
Thurs	1700-1715	Prepool
	1715-1815	GL1 Twyver
Sat	600-730	GL1 Barton
	745-815	LT GL1 Studio 1

Swim Skills 3		
Sun	1515-1530	Prepool
	1530-1630	GL1 Twyver
Tues	1915-1930	Prepool
	1930-2030	GL1 Barton
Thurs	1715-1800	LT GL1 Twyver poolside
	1800-1815	Prepool
	1815-2000	GL1 Twyver
Sat	600-730	GL1 Barton
	745-815	LT GL1 Studio 1

Swim Skills 4		
Sun	1515-1530	Prepool
	1530-1630	GL1 Twyver
Mon	1700-1715	Prepool
	1715-1845	GL1 Twyver
Tues	1915-1930	Prepool
	1930-2030	GL1 Barton
Thurs	1715-1800	LT GL1 Twyver poolside
	1800-1815	Prepool
	1815-2000	GL1 Twyver
Sat	545-745	GL1 Twyver
	0845-0945	LT Oxstalls

Development Light		
Sun	1715-1730	Prepool
	1730-1830	GL1 Twyver
Tues	1900-1915	Prepool
	1915-2030	GL1 Twyver

Development		
Sun	1715-1730	Prepool
	1730-1830	GL1 Twyver
Tues	1900-1915	Prepool
	1915-2030	GL1 Twyver
Weds	545-730	GL1 Twyver
Sat	545-745	GL1 Twyver
	0845-0945	LT Oxstalls

Competition		
Sunday	1500-1600	LT GL1 Studio 3
	1600-1615	Prepool
	1615-1815	GL1 Barton
Monday	1700-1715	Pre-pool
	1715-1845	GL1 Twyver
Tuesday	545-730	GL1 Twyver
Weds	1745-1830	LT GL1 Twyver poolside
	18.30-18.45	Prepool
	1845-2000	GL1 Twyver
Thursday	545-730	GL1 Twyver
Sat	545-745	GL1 Barton
	0845-0945	LT Oxstalls

Para		
Sun	1615-1630	Prepool
	16.30-1730	GL1 Twyver
Weds	1830-1845	Prepool
	1845-2000	GL1 Twyver
Fri	1615-1630	Prepool
	1630-1730	GL1 Twyver

Hartpury		
Tues	545-730	GL1 Twyver
Wed	545-730	GL1 Twyver
Fri	545-730	GL1 Twyver

Venue details:

GL1 Leisure Centre, GL1 1DT
Oxstalls Campus, GL2 9HW

Coaching team open to parents:

Tues 18.15-19.15 in GL1 Twyver

County		
Sun	1615-1630	Prepool
	1630-1830	GL1 Twyver
Tues	1755-1840	LT GL1 Twyver poolside
	1900-1915	Prepool
	1915-2030	GL1 Twyver
Weds	545-730	GL1 Twyver
Fri	1615-1630	Prepool
	1630-1830	GL1 Twyver
	1845-1930	LT GL1 Twyver poolside
Sat	545-745	GL1 Twyver
	0845-0945	LT Oxstalls

Regional		
Sunday	1500-1600	LT GL1 Studio 3
	1600-1615	Prepool
	1615-1815	GL1 Barton
Mon	545-730	GL1 Twyver
	1830-1845	Prepool
	1845-2030	GL1 Twyver
Tues	1700-1715	Prepool
	1715-1815	GL1 Twyver
	1840-1940	LT GL1 Twyver poolside
Weds	1700-1715	Prepool
	1715-1845	GL1 Twyver
	1900-2000	LT GL1 Twyver poolside
Fri	545-730	GL1 Twyver
	1815-1830	Prepool
	1830-2030	GL1 Twyver
Sat	0845-0945	LT Oxstalls

National		
Sunday	1500-1600	LT GL1 Studio 3
	1600-1615	Prepool
	1615-1815	GL1 Barton
Mon	545-730	GL1 Twyver
	1830-1845	Prepool
	1845-2030	GL1 Twyver
Tues	1700-1715	Prepool
	1715-1815	GL1 Twyver
	1840-1940	LT GL1 Twyver poolside
Weds	545-730	GL1 Twyver
	1700-1715	Prepool
	1715-1845	GL1 Twyver
	1900-2000	LT GL1 Twyver poolside
Fri	545-730	GL1 Twyver
	1815-1830	Prepool
	1830-2030	GL1 Twyver
Sat	545-745	GL1 Barton
	0845-0945	LT Oxstalls