

Squad Timetable 2025-2026
from Sunday 1st April 2026

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

Swim Skills 1		
Sun	1600-1615	Prepool
	1615-1715	GL1 Barton
Tues	1800-1815	Prepool
	1815-1915	GL1 Twyver
Thurs	1645-1700	Prepool
	1700-1815	GL1 Twyver

Swim Skills 2		
Sun	1500-1515	Prepool
	1515-1615	GL1 Twyver
Tues	1800-1815	Prepool
	1815-1915	GL1 Twyver
Thurs	1800-1815	Prepool
	1815-1930	GL1 Twyver
Sat	0615-0745	GL1 Barton
	0800-0830	LT GL1 Sports Hall

Swim Skills 3		
Sun	1600-1615	Prepool
	1615-1745	GL1 Twyver
Tues	1700-1715	Prepool
	1715-1815	GL1 Twyver
Thurs	1645-1700	Prepool
	1700-1845	GL1 Twyver
Sat	0615-0745	GL1 Twyver
	0800-0830	LT GL1 Sports Hall

SEND		
Wed	1645-1700	Prepool
	1700-1800	GL1 Twyver
Fri	1745-1800	Prepool
	1800-1900	GL1 Barton

Development		
Sun	1700-1715	Prepool
	1715-1815	GL1 Barton
Tues	1900-1915	Prepool
	1915-2030	GL1 Twyver
Thurs	1845-1900	Prepool
	1900-2000	GL1 Barton

County Development		
Sun	1730-1745	Prepool
	1745-1945	GL1 Twyver
Tues	1745-1845	LT GL1 Twyver poolside
	1845-1900	Prepool
	1900-2015	GL1 Barton
Wed	0545-0730	GL1 Twyver
Fri	1615-1630	Prepool
	1630-1830	GL1 Twyver
Sat	0545-0745	GL1 Twyver
	0800-0900	LT GL1 Sports Hall

County Performance		
Sun	1500-1600	LT GL1 Studio 3
	1600-1615	Prepool
	1615-1815	GL1 Barton
Mon	0545-0730	GL1 Twyver
Wed	0545-0730	GL1 Twyver
Thurs	1730-1830	LT GL1 Twyver Poolside
	1830-1845	Prepool
	1845-2000	GL1 Twyver
Fri	1815-1830	Prepool
	1830-2030	GL1 Twyver
Sat	0545-0745	GL1 Barton
	0800-0900	LT GL1 Sports Hall

Competitive Development		
Sun	1600-1615	Prepool
	1615-1745	GL1 Twyver
Wed	0545-0730	GL1 Twyver
Fri	1815-1830	Prepool
	1830-1930	GL1 Twyver
Sat	0615-0745	GL1 Barton
	0800-0900	LT GL1 Sports Hall

Venue details:

GL1 Leisure Centre, GL1 1DT

Coaching team open to parents:

Tues 18.15-19.15 in GL1 Twyver

Regional Development		
Sunday	1500-1600	LT GL1 Studio 3
	1600-1615	Prepool
	1615-1815	GL1 Barton
Mon		
<i>GIRLS</i>	1645-1700	Prepool
	1700-1845	GL1 Twyver
<i>BOYS</i>	1830-1845	Prepool
	1845-2030	GL1 Twyver
Tues	0545-0730	GL1 Twyver
	1645-1700	Prepool
	1700-1815	GL1 Twyver
Wed	1730-1830	LT GL1 Twyver Poolside
	1830-1845	Prepool
	1845-2000	GL1 Twyver
Fri	0545-0730	GL1 Twyver
	1845-1900	Prepool
	1900-2000	GL1 Barton
Sat	0545-0745	GL1 Barton
	0800-0900	LT GL1 Sports Hall

National and Regional Performance		
Sunday	1415-1430	Prepool
	1430-1615	GL1 Twyver
	1630-1730	LT GL1 Studio 3
Mon		
<i>ALL</i>	0545-0730	GL1 Twyver
<i>GIRLS</i>	1645-1700	Prepool
	1700-1845	GL1 Twyver
<i>BOYS</i>	1830-1845	Prepool
	1845-2030	GL1 Twyver
Tue	0545-0730	GL1 Twyver
	1900-1915	Prepool
	1915-2030	GL1 Twyver
Wed	1645-1700	Prepool
	1700-1845	GL1 Twyver
	1900-2000	LT GL1 Twyver Poolside
Fri	0545-0730	GL1 Twyver
	1745-1800	Prepool
	1800-1900	GL1 Barton
Sat	0545-0745	GL1 Barton
	0800-0900	LT GL1 Sports Hall