



Squad Timetable 2024/25 Season



Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM		
Performance+ Lead coach: David B	06:00-07:30	19:00-21:00	06:00-07:30	18:30-20:30		19:00-21:00	06:00-07:30	19:00-21:00		18:00-20:00	07:00-09:00*	
Performance Lead coach: Sean	06:00-07:30	18:00-20:00		19:30-21:00		19:00-21:00	06:00-07:30			19:30-21:00	07:00-09:00	15:00-16:30
Sprint Lead coach: Joe		18:00-20:00		19:30-21:00		19:00-21:00	06:00-07:30			19:30-21:00		
Regional+ Lead coach: Madison	06:00-07:30	18:30-20:30		19:30-21:00		19:00-21:00		19:00-21:00		19:00-21:00	13:00-15:00*	
Regional Age Lead coach: Alex	06:00-07:30	19:00-20:30		18:00-20:00		19:30-21:00		19:00-21:00		17:30-19:00		14:30-16:30
Regional Development Lead coach: David P		19:30-21:00		19:00-21:00			06:00-07:30			19:15-19:00	10:30-12:00	14:30-16:30
County Age (HAC) Lead coach: Dhaval		19:00-20:30		18:00-19:30		19:00-21:00		17:30-19:00		19:15-21:00	09:00-10:30*	
County Age (ASC) Lead coach: Michele		19.30-21.00		18.00-20.00				18.30-20.00		18.00-19.15		13.00-14.30
County Development (HAC) Lead coach: Dhaval		17:45-19:00		18:00-19:30		19:30-21:00				19:15-21:00		16:30-18:00
County Development (ASC) Lead coach: Michele		18.00-20.00				18.30-20.00		18.00-19.15		18.00-19.15		13.00-14.30
Academy Step 2 (HAC) Lead coach: Avian		18:30-19:15		18:00-19:00		18:30-19:30						17:15-18:00
Academy Step 1 (HAC) Lead coach: Jane		17:45-18:30				17:30-18:30						16:30-16:15
Academy (ASC) Lead coach: Sydney		18.30-19.30		18.30-19.30		18.00-19.00		18.00-19.00		11.00-12.00		11.00-12.00
Fitness Advanced (HAC) Lead coach: David P		17:45-19:00		19:30-21:00								15:00-16:30
Fitness Dev. (HAC) Lead coach: David P				19:30-21:00								16:30-18:00
Fitness (ASC) Lead coach: Ben		19.30-21.00								19.30-21.00	11.00-12.00	15.00-16.30
City Squad (CSC) Lead coach: Sydney								16.30-18.00		18.00-20.00		
Para (HAC) Lead contact: Mika		19:30-20:30										
Masters Lead contact: David B	6:30-8:00		6:30-8:00	20:00-21:30	6:30-8:00	19:30-21:00	6:30-8:00	19:00-20:30	6:30-8:00		6:30-8:00	

Occasionally session timings are changed or need to be amended/cancelled at short notice; we strive to communicate changes as soon as we can. Where squads are expected to attend a target meet sessions will typically be cancelled.

*Selected swimmers will be invited to the London Roar Academy and East London LAC network sessions. They take place 08:00-10:00 (Senior LRA), 10:00-12:00 (Junior LRA) and 12:00-13:30 (ELLN) on specified dates only.

Key:	Clissold MP	Clissold TP	Beacon	Cally	LAC MP	LAC TP	King's Hall	Lido	Britannia	City Boys Sch.	City Girls Sch.
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