

TSC Squad Training Timetable 25/26

Swim Skills 1			
Tuesday	18:50 - 19:30	Swim	TLC - TP
OR			
Thursday	18:10 - 18:50	Swim	TA

Swim Skills 2			
Tuesday	18:50 - 19:30	Swim	TLC - TP
Thursday	18:10 - 18:50	Swim	TA

Swim Skills 3			
Tuesday	18:00 - 19:00	Swim	TA
Friday	19:00 - 20:00	Swim	TLC - TP
Sunday	15:30 - 16:30	Swim	TLC - MP

Swim Skills 4			
Tuesday	19:30 - 20:30	Swim	TLC - TP
Thursday	19:00 - 20:00	Swim	TLC - TP
Friday	19:00 - 20:00	Swim	TLC - MP
Sunday	15:30 - 16:30	Swim	TLC - MP

Swim Skills Active			
Friday	18:00 - 19:00	Swim	TA

Abbreviations	
TLC	Tewkesbury Leisure Centre
TA	Tewkesbury Academy Sports Centre
TP	Training Pool
MP	Main Pool

Competition Development			
Monday	18:00 - 19:00	Swim	TA
Tuesday (am)	6:15 - 7:15	Swim	TA
Tuesday (pm)	18:45 - 19:00	Pre-Pool	TLC - MP
	19:00 - 20:30	Swim	
Wednesday	18:00 - 19:00	Swim	TA
Thursday (am)	6:15 - 7:15	Swim	TA
Friday	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	

County Development			
Monday	18:45 - 19:00	Pre-Pool	TA
	19:00 - 20:00	Swim	
Tuesday (am)	6:15 - 7:45	Swim	TA
Tuesday (pm)	18:45 - 19:00	Pre-Pool	TLC - MP
	19:00 - 21:00	Swim	
Wednesday	18:45 - 19:00	Pre-Pool	TA
	19:00 - 20:30	Swim	
Thursday (am)	6:15 - 7:45	Swim	TA
Thursday (pm)	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	
Friday	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	

County & Regional Performance			
Monday	18:00 - 20:00	Swim	TA
Tuesday (am)	6:15 - 7:45	Swim	TA
Tuesday (pm)	18:45 - 19:00	Pre-Pool	TLC - MP
	19:00 - 21:00	Swim	
Wednesday	18:45 - 19:00	Pre-Pool	TA
	19:00 - 20:30	Swim	
Thursday (am)	6:15 - 7:45	Swim	TA
Thursday (pm)	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	
Friday	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	

Development			
Tuesday (am)	6:15 - 7:15	Swim	TA
Wednesday	18:00 - 19:00	Swim	TA
Thursday (am)	6:15 - 7:15	Swim	TA
Friday	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	
Sunday	16:30 - 17:30	Swim	TLC - MP

Advanced			
Tuesday (am)	6:15 - 7:45	Swim	TA
Wednesday	18:45 - 19:00	Pre-Pool	TA
	19:00 - 20:30	Swim	
Thursday (am)	6:15 - 7:45	Swim	TA
Thursday (pm)	19:45 - 20:00	Pre-Pool	TLC - MP
	20:00 - 21:00	Swim	
Sunday	16:30 - 17:30	Swim	TLC - MP

Masters/Uni			
Tuesday (am)	6:15 - 7:45	Swim	TA
Thursday (am)	6:15 - 7:45	Swim	TA
Thursday (pm)	20:00 - 21:00	Swim	TLC - MP
Sunday	16:30 - 17:30	Swim	TLC - MP