



Squad Timetable

FOUNDATION							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM				6-7pm Peter	6.15-7.15pm Scott		2.30-3.30pm Jamie

DEVELOPMENT							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	6.15-7.15pm Jamie		6.15-7.15pm Jamie	6-7pm Peter			3.30-4.30pm Jamie

JUNIOR PERFORMANCE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	7.15-8.15pm Jamie		6.15-7.15pm Jamie	6-7pm Peter	7.15-8.15pm Scott		3.30-4.30pm Jamie

COUNTY							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	6.15-8.15pm Laura		7.15-8.15pm Laura	6-7pm Peter	6.15-8.15pm Laura		2.30-3.30pm TBC

REGIONAL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	6.15-8.15pm Laura		6.15-8.15pm Laura	6-7pm Peter	6.15-8.15pm Laura		2.30-4.30pm TBC

MASTERS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							8.30-9.30am Adam
PM			7.15-8.15pm Doug/ Lee		8.15-9.15pm Adam		

- ❖ Please discuss with your coach the minimum number of sessions you are required to attend. If you cannot attend a session, please speak to your coach or email them to let them know.
- ❖ Any problems with regards to swimming or training sessions please discuss with your coach.
- ❖ Occasionally sessions may be subject to change.

Training Locations

- ❖ All pool training takes place at Diss Leisure Centre, Victoria Road, Diss, Norfolk, IP22 4HG
- ❖ Thursday Strength and Conditioning takes place at MG Fitness, 45 Hall Lane, Shelfhanger, Diss, Norfolk, IP22 2DE.