

STEVENAGE SWIMMING CLUB TRAINING SCHEDULE – 2025

Squad	Fees	Monday	Wednesday	Thursday	Friday	Sunday
Academy	Sundays £32 pcm Fridays £34 pcm 30 mins per week				Town Pool 7-7.30pm	Town Pool 30 min sessions at 5.30, 6.30 & 7pm
Pre-Development	£37 pcm 1.75 hrs per week				Town Pool 7-7.45pm	Town Pool 5.30-6.30pm
Development 1	£43.50 pcm 3.25 hrs per week		Town Pool 6-7pm		Town Pool 7-8.15pm	Town Pool 5.30-6.30pm
Development 2	£54 pcm 5.75 hrs per week		Town Pool 7-8pm	MORNING Town Pool 6.30-7.30am	LAND TRAINING 6.30-7.30pm	Town Pool 6-7.30pm
					Town Pool 7.45-9pm	
Junior Performance	£65 pcm 7.25 hrs per week	Town Pool 6.30-7.30pm	MORNING Town Pool 6.30-8am	By invitation: MORNING Inspire Luton 5.45-7am	LAND TRAINING 6.30-7.30pm	Town Pool 7-8.30pm
			Town Pool 8-9pm		Town Pool 7.30-9pm	
Performance	£72 pcm 10.25 hrs per week	Town Pool 7.30-9.30pm *	MORNING Town Pool 6.30-8am	MORNING Inspire Luton 5.45-7am	Town Pool 8.30-10pm *	LAND TRAINING 6.30-7.30pm
				Town Pool 8-9pm *		Town Pool 7.30-9.30pm *
JS Pathway	£47 pcm 4.5 hrs per week	Town Pool 6.30-8pm	Town Pool 8-9pm		LAND TRAINING 6.30-7.30pm	Town Pool 6-7pm
Masters	£44.50 pcm 4 hrs per week	Town Pool 8-9.30pm (*sign-up* session)	Town Pool 9-10pm		Town Pool 9-10pm	LAND TRAINING 6.30-7.30pm
						Town Pool 8.30-9.30pm

* Performance Squad: arrive 15min early for pre-pool