



CITY OF PETERBOROUGH SWIMMING CLUB

Swim Squads Training Timetable (Active from 5th January 2026)

Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim 05:30-07:30 STAN	Swim 05:30-07:30 STAN	Swim 05:30-07:30 JHSP (cover use only)	Swim 05:30-07:30 STAN	Swim 05:30-07:30 STAN	Swim 07:00-08:30 S&C 09:00-10:30 OUND	
PM	S&C 16:15-17:00 Swim 17:00-19:00 JHSP	Swim 16:30-18:00 S&C 18:15-19:00 STAN		Swim 16:30-18:00 S&C 18:15-19:00 STAN	Swim 17:00-19:00 WMLC		

Age Group Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Swim 05:30-07:30 STAN		Swim 05:30-07:30 STAN		Swim 07:00-08:30 S&C 09:00-10:00 OUND	
PM	S&C 18:15-19:00 Swim 19:00-20:30 JHSP	S&C 18:15-19:00 Swim 19:00-20:30 STAN		S&C 18:15-19:00 Swim 19:00-20:30 STAN	Swim 17:00-19:00 WMLC		Swim 17:30-19:00 JHSP



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Competitive Plus	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim 05:30-07:30 STAN	Swim 05:30-07:30 JHSP		Swim 05:30-07:30 JHSP		S&C 9.00-10.30am OUND Swim & SC by Invite only	
PM	S&C 18:15-19:00 JHSP	Swim 19:30-20:30 STAN		Swim 19:00-20:30 STAN	Swim 20:00-21:00 STAN		Swim 19:00-20:30 JHSP

Junior Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim 05:30-07:30 JHSP		Swim 05:30-07:30 JHSP		Swim 05:30-07:30 STAN	S&C 9.00-10.00am OUND Swim & SC by Invite only	
PM	Swim 16:00-17:00 S&C 17:15-18:00 JHSP	Swim 18:00-19:00 STAN		Swim 16:30-18:00 STAN			Swim 17:30-19:00 JHSP



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Development 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM					Swim 06:00-07:30 JHSP	S&C 8.00-9.00am OUND	
PM	S&C 17:15-18:00 JHSP	Swim 16:30-17:30 STAN	Swim 18:30-19:30 JHSP	Swim 19:15-20:30 JHSP		OUND	Swim 16:00-17:30 JHSP

Development 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM					Swim 06:00-07:30 JHSP	S&C 8.00-9.00am OUND	
PM	S&C 17:15-18:00 JHSP		Swim 18:30-19:30 JHSP	Swim 19:15-20:30 JHSP			Swim 16:00-17:30 JHSP



CITY OF PETERBOROUGH SWIMMING CLUB

Competitive	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Swim 06:00-07:30 JHSP		Swim 06:00-07:30 JHSP		S&C 8.00-9.00am OUND	
PM	S&C 18:15-19:00 JHSP		Swim 19:30-20:30 JHSP		Swim 20:00-21:00 STAN		Swim 19:00-20:30 JHSP

Mini 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM		Swim 17:30-18:30 STAN		Swim 18:00-19:00 STAN			

Mini 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM		Swim 18:30-19:30 STAN		Swim 18:00-19:00 STAN			



CITY OF PETERBOROUGH SWIMMING CLUB

Academy	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM							Swim 15:00-16:00 JHSP

Masters & Participation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM			Swim 19:30-20:30 JHSP		Swim 20:00-21:00 STAN		Swim 19:00-20:30 JHSP

Key

Swim

Swim session

S&C

Strength & conditioning session (where swim and session are included in the same AM or PM time slot, S&C is compulsory).

JHSP

Jack Hunt School

STAN

Stanground Academy Sports Centre

OUND

Oundle School Sport Centre

WMLC

Whittlesey Manor Leisure Centre