

POTTERS BAR SWIMMING CLUB

TRAINING TIMETABLE

Valid from November 2nd 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Performance	AM		Furze field 5:45-6:50		Furze field 5:45-6:50		Queenswood 6:00-8:15	
	PM			Furze field Strength & Conditioning 17:30-18:30				
		Furze field 18:15-20:00	The Venue 18:45-21:00	Furze field 18:45-20:00	The Venue 18:45-21:00	Furze field 19:00-21:15		
Junior Performance	AM		Furze field 5:45-6:50		Furze field 5:45-6:50		Queenswood 6:00-8:15	
	PM			Furze field Strength & Conditioning 17:30-18:30				
		Furze field 18:15-20:00	The Venue 18:45-21:00	Furze field 18:45-20:00	The Venue 18:45-21:00	Furze field 20:00-21:15		
Performance	AM		Furze field 5:45-6:50		Furze field 5:45-6:50			
	PM			Furze field Strength & Conditioning 17:30-18:30				
		Furze field 18:15-20:00	The Venue 18:45-21:00	Furze field 18:45-20:00	The Venue 18:45-21:00	Furze field 20:00-21:15		Furze field 18:15-19:30
Transition to Performance	AM		Furze field 5:45-6:50		Furze field 5:45-6:50			
(T2P)	PM			Furze field Strength & Conditioning 17:30-18:30				
	PM	The Venue 18:45-21:00	The Venue 18:45-20:00	The Venue 18:45-20:00	Furze field 18:00-19:15	Furze field 20:00-21:15		Furze field 18:15-19:30
J1	AM		Furze field 5:45-6:50		Furze field 5:45-6:50			
	PM		Furze field 18:00-19:00	The Venue 19:00-20:00	Furze field 19:15-20:15	Furze field 19:15-20:15		Furze field 18:30-19:30 By invitation only
J2	AM		Furze field 5:45-6:50		Furze field 5:45-6:50			
	PM	The Venue 19:00-20:00		The Venue 19:00-20:00	Furze field 18:15-19:15	Furze field 18:15-19:15		
Club	AM		Furze field 5:45-6:50		Furze field 5:45-6:50			
	PM	The Venue 18:45-20:00	The Venue 18:45-20:00	The Venue 18:45-20:00	Furze field 18:00-19:15	Furze field 20:00-21:15		
Masters	AM		Furze field 5:45-6:50		Furze field 5:45-6:50		Furze field 7:00-8:00	
	PM	Furze field 20:00-21:00	Furze field 18:30-19:30	Furze field 20:00-21:00	Furze field 19:15-20:15			Furze field 19:30-20:30
Learn To Swim	PM					Furze field LTS 18:15-19:15 Group E 19:15-20:15		Furze field Group E 18:30-19:30