

	Platinum	Diamond	Gold	Silver	Pewter	Bronze	Pre-squad	Atlantis	Troy	Masters	Water Polo	Swim School
Monday	Royal Russell 19:00 - 21:00	Whitgift 19:00 - 20:30	Whitgift 18:00 - 19:00	Whitgift 18:00 - 19:00				Woldingham 18:45 - 19:45	Woldingham 19:45 - 21:00	Whitgift 19:00 - 20:30	Whitgift 20:30 - 21:45	
Tuesday	Waddon 19:30 - 21:00	Royal Russell 19:00 - 20:30	Whitgift 19:00 - 20:00	Whitgift 19:00 - 20:00	Whitgift 18:00 - 19:00	Whitgift 18:00 - 19:00				Royal Russell 20:30 - 22:00	Caterham 20:15 - 21:45	
Wednesday	South Norwood 19:15 - 21:00	South Norwood 19:15 - 21:00	Whitgift 19:00 - 20:30	Whitgift 19:00 - 20:30	Whitgift 18:00 - 19:00				Whitgift 19:00 - 20:00	Trinity 20:30 - 22:00		Whitgift 17:30 - 19:00
Thursday	Whitgift 19:00 - 20:45	Whitgift 19:00 - 20:45	Whitgift 18:00 - 19:00		Whitgift 19:00 - 20:30		Whitgift 18:00 - 19:00			Trinity 20:30 - 22:00 (Croydon Striders)	Whitgift 20:30 - 21:45	Whitgift 18:00 - 19:00
Friday	Whitgift 17:30 - 19:00	Whitgift 17:30 - 19:00	Whitgift 17:30 - 19:00	Warlingham 19:45 - 20:45		Warlingham 18:45 - 19:45					Whitgift 19:00 - 21:30 (regional beacon)	
Saturday	Whitgift 09:00 - 10:00 (Land Training) 10:00 - 12:00 (Pool training)	Whitgift 11:00 - 12:00 (Land Training) 12:00 - 14:00 (Pool training)	Whitgift 13:00 - 15:00	Whitgift 14:00 - 16:00	Whitgift 13:30 - 15:00			Whitgift 15:00 - 16:00			Whitgift 16:00 - 18:00	Whitgift 10:00 - 12:00
Sunday						Whitgift 10:00 - 11:00	Whitgift 11:00 - 12:00	Whitgift 12:00 - 13:00	Whitgift 9:00 - 10:00		Whitgift 12:00 - 16:00	Whitgift 9:00 - 12:00