

|        |    |                    |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
|--------|----|--------------------|-----------------------------------------------------------------------------|-----------------------------------|-----------------------------------|---------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------|----------------------------------|----------------------------------|-------------------------|---------------|--|--|
|        |    |                    | There is no LTS or PA sessions from 22nd Dec 2025 to 4th Jan 2026 inclusive |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
|        |    |                    | Academy                                                                     |                                   |                                   |                                 | Fitness                        | Performance                    |                                |               | Masters                          |                                  |                         |               |  |  |
| Dec    |    |                    | Develop                                                                     | Bronze                            | Silver                            | Gold                            | Platinum                       | Club Fit / JC                  | County Dev                     | AG            | YP                               | Masters Dev                      | Masters Train           | Masters Comp  |  |  |
| Sat PM | 20 | Eric Liddell       |                                                                             |                                   |                                   |                                 | 16:30-18:00                    |                                |                                |               | LT 15:30-16:30,<br>16:30 - 18:00 | LT 15:30-16:30,<br>16:30 - 18:00 |                         |               |  |  |
| Sat PM | 20 | Eltham             |                                                                             |                                   |                                   |                                 | 17:00-18:00                    |                                |                                |               |                                  |                                  |                         |               |  |  |
| Sun AM | 21 | Greenwich          |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  | 08:00-09:00             |               |  |  |
| Sun AM | 21 | LAC 08:00 to 10:00 | County Qualifiers                                                           | County Qualifiers                 | 08:00 - 10:00                     |                                 |                                |                                | County Qualifiers              |               |                                  |                                  |                         |               |  |  |
| Sun PM | 21 | Greenwich          |                                                                             | LT 15:00 - 16:00<br>16:00 - 17:00 | LT 14:00-15:00<br>16:00 - 17:00   | LT 14:00 -15:00<br>15:00-16:00  | 14:00-15:00                    | 14:00 - 15:00<br>15:00 - 16:00 | LT                             |               |                                  |                                  |                         |               |  |  |
| Sun PM | 21 | Eric Liddel        |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  | 18:00-19:00 18:00-19:00 |               |  |  |
| Mon    | 22 | Closed             | GLL Comms Day all pools closed, Coach Social                                |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Tue PM | 23 | Eric Liddel        | 16:00 - 17:00                                                               | 16:00 - 17:00                     | 17:00 - 18:00                     | 17:00 - 18:00                   |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Tue PM | 23 | LAC                |                                                                             |                                   |                                   |                                 | 19:30 - 21:30                  |                                |                                | 19:30 - 21:30 | 19:30 - 21:30                    |                                  |                         |               |  |  |
| Wed    | 24 | Christmas Eve      |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Thur   | 25 | Christmas day      |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Fri    | 26 | Boxing Day         |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Sat AM | 27 | Eric Liddel        |                                                                             |                                   |                                   | 10:00 - 11:00                   | 11:00 - 12:00                  |                                |                                | 10:00 - 12:00 | 10:00 - 12:00                    |                                  |                         |               |  |  |
| Sat PM | 27 | Eric Liddel        |                                                                             |                                   |                                   |                                 |                                | 12:00 - 13:00                  | 12:00 - 13:00                  |               |                                  | 12:00 - 13:00                    |                         |               |  |  |
| Sun AM | 28 | LAC                | Training Camp to be Confirmed                                               |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Sun PM | 28 | Eric Liddel        |                                                                             |                                   |                                   |                                 |                                |                                | 16:00 - 17:00                  | 16:00 - 18:00 | 16:00 - 18:00                    |                                  | 17:00 - 18:00           | 17:00 - 18:00 |  |  |
| Sun PM | 28 | LAC                | Training Camp to be Confirmed                                               |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Mon    | 29 | Eric Liddel        |                                                                             |                                   | 19:00 - 20:00                     | 19:00 - 20:00                   |                                | 20:00 - 21:00                  | 20:00 - 21:00                  |               |                                  |                                  |                         |               |  |  |
| Mon    | 29 | LAC                |                                                                             |                                   |                                   |                                 | 19:30 - 21:30                  |                                |                                |               | 19:30 - 21:30                    |                                  |                         |               |  |  |
| Tue PM | 30 | Eric Liddel        | 19:00 - 20:00                                                               | 19:00 - 20:00                     |                                   |                                 |                                |                                |                                |               |                                  | 20:00 - 21:00                    | 20:00 - 21:00           | 20:00 - 21:00 |  |  |
| Tue PM | 30 | LAC                |                                                                             |                                   |                                   |                                 |                                |                                |                                | 19:30 - 21:30 | 19:30 - 21:30                    |                                  |                         |               |  |  |
| Wed    | 31 | New Year Eve       |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Thur   | 1  | New Year Day       |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Fri    | 2  | Closed             | Potential Performance Squad Social????                                      |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |
| Sat PM | 3  | Eltham             |                                                                             |                                   |                                   |                                 | 17:00 - 18:00                  |                                | 17:00-18:00                    |               |                                  |                                  |                         |               |  |  |
| Sat PM | 3  | Eric Liddell       |                                                                             |                                   |                                   |                                 | 16:30-18:00                    |                                |                                |               | LT 15:30-16:30,<br>16:30 - 18:00 | LT 15:30-16:30,<br>16:30 - 18:00 |                         |               |  |  |
| Sun AM | 4  | Greenwich          |                                                                             |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  | 08:00-09:00 08:00-09:00 |               |  |  |
| Sun PM | 4  | Greenwich          | 16:00 - 17:00                                                               |                                   | LT 15:00 - 16:00<br>16:00 - 17:00 | LT 14:00-15:00<br>15:00 - 16:00 | LT 14:00 -15:00<br>15:00-16:00 | 14:00-15:00                    | 14:00 - 15:00<br>15:00 - 16:00 | LT            |                                  |                                  |                         |               |  |  |
| Sun PM | 4  | Eric Liddell       |                                                                             | LT 17:00-18:00<br>18:00-19:00     |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         | 18:00-19:00   |  |  |
| Mon    | 5  |                    | Normal Training Time Table Resumes                                          |                                   |                                   |                                 |                                |                                |                                |               |                                  |                                  |                         |               |  |  |