

# NUEL Timetable Structure September 2025



## Development Pathway

| Junior Development (Drew) |              |             |
|---------------------------|--------------|-------------|
| Day                       | Pool         | Time        |
| Monday                    | East Ham     | 05:30-07:00 |
| Monday                    | East Ham     | 19:30-21:00 |
| Wednesday                 | East Ham     | 05:30-07:00 |
| Wednesday                 | LAC - TP     | 19:30-21:00 |
| Friday                    | LAC - Studio | 17:15-18:00 |
| Friday                    | LAC          | 18:15-20:00 |
| Sunday                    | LAC          | 06:30-08:00 |

| Junior Platinum (Toni) |          |             |
|------------------------|----------|-------------|
| Day                    | Pool     | Time        |
| Monday                 | East Ham | 19:30-21:00 |
| Tuesday                | Atherton | 19:30-20:30 |
| Wednesday              | LAC - TP | 18:30-19:30 |
| Friday                 | LAC      | 17:00-18:15 |
| Sunday                 | East Ham | 16:15-17:30 |

| Junior Gold (Layla) |          |             |
|---------------------|----------|-------------|
| Day                 | Pool     | Time        |
| Wednesday           | LAC - TP | 17:30-18:30 |
| Thursday            | LAC - TP | 18:00-19:00 |
| Friday              | LAC      | 17:00-18:15 |
| Sunday              | East Ham | 16:15-17:30 |

| Junior Silver (David) |          |             |
|-----------------------|----------|-------------|
| Day                   | Pool     | Time        |
| Tuesday               | Atherton | 18:30-19:30 |
| Friday                | LAC      | 17:00-18:15 |
| Sunday                | East Ham | 15:15-16:15 |

| Junior Bronze (Rhianna-Lee) |          |             |
|-----------------------------|----------|-------------|
| Day                         | Pool     | Time        |
| Thursday                    | Atherton | 18:15-19:30 |
| Sunday                      | East Ham | 15:15-16:15 |

## Talent Lane

| GLL Talent Lane |          |             |
|-----------------|----------|-------------|
| Day             | Pool     | Time        |
| Tuesday         | Atherton | 18:30-19:15 |
| Thursday        | Atherton | 18:30-19:15 |
| Sunday          | East Ham | 15:15-16:00 |

| EA Talent Lane |      |             |
|----------------|------|-------------|
| Day            | Pool | Time        |
| Wednesday      | LAC  | 17:00-17:45 |
| Wednesday      | LAC  | 17:45-18:30 |
| Friday         | LAC  | 17:00-17:45 |
| Friday         | LAC  | 17:45-18:30 |

## Competitive Pathway

| Senior Competitive (Alastair) |           |             |
|-------------------------------|-----------|-------------|
| Day                           | Pool      | Time        |
| Monday                        | East Ham  | 05:30-07:00 |
| Tuesday                       | LAC       | 17:30-19:30 |
| Wednesday                     | LAC       | 17:00-19:00 |
| Thursday                      | LAC       | 17:30-19:30 |
| Friday                        | East Ham  | 05:30-07:00 |
| Saturday                      | LAC       | 06:30-08:00 |
| Saturday                      | Concourse | 08:15-09:00 |

| Junior Competitive (Drew) |              |             |
|---------------------------|--------------|-------------|
| Day                       | Pool         | Time        |
| Monday                    | East Ham     | 05:30-07:00 |
| Monday                    | East Ham     | 19:30-21:00 |
| Wednesday                 | East Ham     | 05:30-07:00 |
| Friday                    | LAC - Studio | 17:15-18:00 |
| Friday                    | LAC          | 18:15-20:00 |
| Sunday                    | LAC          | 06:30-08:00 |

## Non-Competitive Pathway

| Club Squad (Mark) |          |             |
|-------------------|----------|-------------|
| Day               | Pool     | Time        |
| Wednesday         | LAC - TP | 19:30-21:00 |
| Friday            | LAC - TP | 19:00-20:00 |
| Sunday            | East Ham | 16:15-17:30 |

## Performance Pathway

| Senior Performance (Alastair) |           |             |
|-------------------------------|-----------|-------------|
| Day                           | Pool      | Time        |
| Monday                        | East Ham  | 05:30-07:00 |
| Monday                        | LAC       | 17:30-19:30 |
| Tuesday                       | LAC       | 17:30-19:30 |
| Wednesday                     | East Ham  | 05:30-07:00 |
| Wednesday                     | LAC       | 17:00-19:00 |
| Thursday                      | LAC       | 17:30-19:30 |
| Friday                        | East Ham  | 05:30-07:00 |
| Friday                        | East Ham  | 19:45-21:45 |
| Saturday                      | LAC       | 06:30-08:00 |
| Saturday                      | Concourse | 08:15-09:00 |

| Age Group Performance (Alastair) |           |             |
|----------------------------------|-----------|-------------|
| Day                              | Pool      | Time        |
| Monday                           | East Ham  | 05:30-07:00 |
| Tuesday                          | LAC       | 17:30-19:30 |
| Wednesday                        | East Ham  | 05:30-07:00 |
| Wednesday                        | LAC       | 17:00-19:00 |
| Thursday                         | LAC       | 17:30-19:30 |
| Friday                           | East Ham  | 05:30-07:00 |
| Friday                           | East Ham  | 19:45-21:45 |
| Saturday                         | LAC       | 06:30-08:00 |
| Saturday                         | Concourse | 08:15-09:00 |

| Junior Performance (Drew) |              |             |
|---------------------------|--------------|-------------|
| Day                       | Pool         | Time        |
| Monday                    | East Ham     | 05:30-07:00 |
| Tuesday                   | LAC - TP     | 17:30-19:00 |
| Wednesday                 | East Ham     | 05:30-07:00 |
| Thursday                  | LAC          | 17:30-19:30 |
| Friday                    | East Ham     | 05:30-07:00 |
| Friday                    | LAC - Studio | 17:15-18:00 |
| Friday                    | LAC          | 18:15-20:00 |
| Sunday                    | LAC          | 06:30-08:00 |

## Masters

| Masters (Chris) |          |             |
|-----------------|----------|-------------|
| Day             | Pool     | Time        |
| Monday          | LAC      | 06:30-07:30 |
| Monday          | LAC - TP | 19:30-21:00 |
| Wednesday       | LAC      | 06:30-07:30 |
| Friday          | LAC      | 06:30-07:30 |
| Friday          | LAC      | 18:30-20:00 |
| Saturday        | LAC      | 06:30-08:00 |
| Sunday          | LAC      | 06:30-08:00 |