

SAST Timetable Commencing Sunday 7th December 2025

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
British Development Squad	5:45-7:30am - Citadel 4:30-5:30pm Citadel Land Training	5:45-7:30am - Citadel 4:30-6:30pm Citadel 6:30-6:45pm Post Pool	5:30-6:00pm Pre Pool 6:00-8:00pm Maybole	5:15-7:15pm Citadel 7:15-7:30pm Post Pool	5:45-7:15am - Prestwick 4:15-4:30pm Pre Pool 4:30-6:30pm Maybole	7:15-9:00am - Citadel Selected swimmers only 9:00-10:30am – Gym Selected swimmers only	
Scottish Development Squad 1	5:45-7:30am - Citadel 5:30-6:30pm Citadel Land Training	5:45-7:30am - Citadel 6:15-6.30pm Pre Pool 6:30-8:30pm Citadel	5:15-5:30pm Pre Pool 5:15pm-7:30pm Citadel		5:30-6:00pm Pre Pool 6:00-7:30pm Citadel	7:15-9.00am - Citadel	
Scottish Development Squad 2	5:45-7:15am Prestwick	4:30-6:30pm Citadel 6:30-7:00pm Post Pool		5:45-7:15am Citadel 5:15-7:15pm Citadel	5:30-6:00pm Pre Pool 6:00-7:30pm Citadel	7:15-9.00am - Citadel	
District Development Squad	7:00-8:30pm Citadel		5:45-7:15am Citadel	7:15-8:30pm Citadel	4:00-5:00pm Citadel 5:00-5:30pm Post Pool	7:00-9:00am Maybole	
Junior Competition	7:30-9:00pm Citadel		6:00-7:15am Prestwick		5:00-6:00pm Citadel		4:00-5:30pm Citadel
Senior Club	8:30-9:45pm Citadel		5:45-7:15am Citadel	7:30-8:30pm Prestwick			
Junior Club			8:00-9:00pm Prestwick	8:30-9:30pm Citadel			4:00-5:00pm Citadel
Ayr Development			4:30-5:30pm Citadel		6:00-7:15am Citadel Combined Session		3:00-4:00pm Citadel
Prestwick Development	7:30-8:30pm Prestwick		7:00-8:00pm Prestwick				
Troon Development			7:30-8:30pm Citadel				3:00-4:00pm Citadel
Maybole Development	6.30-7.30pm Maybole		5.00-6.00pm Maybole				
Transition			6:00-7:00pm Prestwick		4.00-5.00pm Citadel		
Junior Para		7:30-8:00pm Prestwick					
Senior Para		7:30-9:30pm Prestwick		6:00-7:15am Prestwick	4:00-6:00pm Land + Swim Citadel		