

	Leatherhead Swimming Club Timetable												
	Academy	Development Squads				Performance Squads				Competitive Squads***			
		Transition White	Transition Blue	Development 2	Development 1	County	Regional	National Development	National	Junior Club Squad (11-13)	Intermediate Club Squad (12-15)	Youth Club Squad (14+)	Masters
Hours	30/60 min	2h	2h	3h	5.5h	7h	10.5h	14h	17.5h	3h	5.5h	5.5h	1-3.25h
Number of Sessions	1	2	2	3	4	5	7	8	9	2	3	4	3
Monday						St Teresa's School 18:30-20:30	St Teresa's School 18:30-20:30	Leatherhead Leisure Centre 1900-2100	Leatherhead Leisure Centre 1900-2100			St John's School 20:30-21:30	St John's School 20:30-21:30
Tuesday				Reeds School 18:30-19:30	Leatherhead Leisure Centre 18:30-20:00		St John's School 18:00-19:30	*Epsom College 06:00-07:30 St John's School 19:30-20:30	Epsom College 06:00-07:30 St John's School 18:00-20:30		Reeds School 19:30-21:00		St John's School 20:30-21:30
Wednesday	St John's School 18:00-19:00 (Stages 4+)				Reeds School 18:30-19:30	St John's School 19:00-20:30	St John's School 06:00-07:30 Leatherhead Leisure Centre 20:00-21:00	*St John's School 06:00-07:30	St John's School 06:00-07:30 Leatherhead Leisure Centre 19:00-21:00	Reeds School 19:30 - 21:00	St John's School 19:00-20:30	Reeds School 19:30 - 21:00	
Thursday						St Teresa's School 18:30-19:30	**St Teresa's School 19:30-21:00	*Epsom College 06:00-07:30 St Teresa's School 19:30-21:00	Epsom College 06:00-07:30 Leatherhead Leisure Centre 19:00-21:00				
Friday		ACS International School 19:00-20:00	Reeds School 18:30-19:30	Leatherhead Leisure Centre 18:00-19:00	Leatherhead Leisure Centre 19:00-20:30	ACS International School 19:00-20:00	ACS International School 20:00-21:00	ACS International School 20:00-21:00	Leatherhead Leisure Centre 19:00-21:00				Reed's School 19:45-21:00
Saturday	St John's School 12:30-14:30				St John's School 14:30-16:00		**Leatherhead Leisure Centre 06:00-08:00	Leatherhead Leisure Centre 06:00-08:00	Leatherhead Leisure Centre 06:00-08:00	St John's School 16:00-17:30	St John's School 14:30-16:00	St John's School 16:00-17:30	
Sunday	St John's School 12:30-14:30	St John's School 14:30-15:30	St John's School 14:30-15:30	St John's School 15:30-16:30		St John's School 16:30-18:00	Leatherhead Leisure Centre 16:00-18:00	Leatherhead Leisure Centre 16:00-18:00			St John's School 1530-1630	St John's School 16:30-18:00	

*National Development to swim 2 of 3 weekday morning sessions. To be agreed with head coach

**Regional Squad is split and train Thursday or Saturday, alternating weekly.

The times indicated are 'in water' training times. Swimmers should arrive at least 10 minutes before and expect to remain 10 minutes after for Pre Pool and Post Pool exercises