



Competitive Pathway - Timetable - from March 2025

Skill development for those aiming for county qualifying times



Site	Badminton School	Bath University	Clifton College	Easton Leisure Centre	Henbury Leisure Centre	Hengrove Park Leisure Centre	Kingswood Leisure Centre	St Mary Redcliffe School	Winterbourne International Academy
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Squad / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Swimming time
Skills Development. Ages 8 to 10. Skills for competitive swimming.		6.30 to 7.30pm Kingswood					5.30 to 6.30pm Kingswood	2	2hrs
Competition Skills. Ages 9 to 11. Skills for competitive swimming.	6.30 to 7.30pm Kingswood			5.00 to 6.00pm Kingswood			5.30 to 6.30pm Kingswood	3	3hrs
County Development. Ages 9 to 12. Skills for competitive swimming.	6.30 to 7.30pm Kingswood		7.00 to 8.00pm Kingswood	5.00 to 6.00pm Kingswood			6.30 to 8.00pm Kingswood	4	4hrs 30m
County Age & Youth. Ages 13+. Training and skills for competitive			8.00 to 9.00pm Kingswood		7.45 to 8.45pm Henbury		6.30 to 8.00pm Kingswood	3	3hrs 30m
Youth Competitive. Ages 14+. Training and skills for county level swimmers.		7.00 to 9.00pm Easton	5.30 to 7.00am Hengrove	8.00 to 9.00pm Easton	7.30 to 9.15pm Kingswood	Land 9.50 to 10.20am and swim 10.30am to 12.30pm Hengrove	Land 3.25 to 3.55pm and swim 4.00 to 6.00pm Hengrove	6 swim and 2 land	10hrs 15mins swim and 1 hr land

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