



Performance Pathway - Timetable - from March 2025

Skill Development and training for those aiming for or achieving county, regional and national qualification

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	Additional Dedicated Land Training	Total training time
Regional Potential. Ages 10 to 13. Training and skills for competitive swimming		6.30 to 7.30pm Kingswood	5.20 to 6.50am Kingswood 7.00 to 8.00pm Kingswood	Land 5.00 to 6.00pm Kingswood	7.30 to 9.15pm Kingswood		3.00 to 4.30pm Long Course at Bath University	6	6 hrs 45m	1hr	7hrs 45m
Regional Age. Ages 12 to 14. Training and skills for county and regional level swimmers	5.00 to 7.00pm Winterbourne	5.20 to 6.50am Kingswood Land 6.00 to 7.00pm Winterbourne	8.00 to 9.00pm Kingswood	Land 5.00 to 6.00pm Kingswood	5.20 to 6.50am Kingswood 5.30 to 7.30pm Kingswood	Land 9.50 to 10.20am and swim 10.30am to 12.30pm Hengrove	3.00 to 4.30pm Long Course at Bath University - (13 years and under - age at end of year) OR 3.00 to 5pm Long Course at Bath University - 14 years and over (age at end of year)	9	11.5-12hrs	2hrs 30m	14hrs 30m
National Potential. Ages 14+. Training and skills for county, regional and national level swimmers	5.00 to 7.00pm Winterbourne	5.20 to 6.50am Kingswood Land 4.30 to 6.00pm Winterbourne	5.20 to 6.50am Kingswood 7.00 to 9.00pm Winterbourne	6.00 to 8.00pm Easton	5.20 to 6.50am Kingswood 5.30 to 7.30pm Kingswood	Swim 8.30 to 10am and land 10.15 to 11.15am Winterbourne	3.00 to 5pm Long Course at Bath University	10	16hrs	2hrs 30m	18hrs 30 mins
National Potential Performance. Ages 14+. Training and skills for county, regional and national level swimmers. Top 24 swimmers (see squad criteria for selection process) and external invitation only	5.00 to 7.00pm Winterbourne	5.20 to 6.50am Kingswood Land 4.30 to 6.00pm Winterbourne	5.20 to 6.50am Kingswood 7.00 to 9.00pm Winterbourne	6.00 to 8.00pm Easton	5.20 to 6.50am Kingswood 5.30 to 7.30pm Kingswood	Swim 8.30 to 10am and land 10.15 to 11.15am Winterbourne	4.30 to 7.00pm Long Course at Bath University	10	16hrs 30m	2hrs 30m	19hrs

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