

# WATFORD SWIMMING CLUB – FEBRUARY 2026 TRAINING TIMETABLE

| SQUAD               | MON AM    | MON PM        | TUES PM             | WED AM    | WED PM  | THU PM    | THU PM              | FRI AM    | FRI PM  | SAT           | SUN                         | TOTAL              |
|---------------------|-----------|---------------|---------------------|-----------|---------|-----------|---------------------|-----------|---------|---------------|-----------------------------|--------------------|
| WATFORD PERFORMANCE | 5.30 -7am | 7.15 – 9.15pm | 6 – 8pm<br>8 – 9 pm | 5.30 -7am | 7 – 9pm | 5.30 -7am | 6 – 8pm<br>8 – 9 pm | 5.30 -7am | 7 – 9pm |               | 10 – 12pm<br>12.15 – 1.15pm | 18 POOL<br>3 GYM   |
| SENIOR PERFORMANCE  | 5.30 -7am | 7.15 – 9.15pm | 6 – 8pm             | 5.30 -7am | 7 – 9pm |           | 6 – 8pm<br>8 – 9 pm | 5.30 -7am |         |               | 10 – 12pm<br>12.15 – 1.15pm | 14.5 POOL<br>2 GYM |
| SENIOR COMPETITIVE  | 5.30 -7am |               | 7 – 9pm             | 5.30 -7am |         |           | 7 – 9pm             | 5.30 -7am | 8 – 9pm |               | 10 – 12pm<br>12.15 – 1.15pm | 11.5 POOL<br>1 GYM |
| SENIOR DEVELOPMENT  |           |               |                     | 5.30 -7am |         | 5.30 -7am | 8 – 9pm             |           |         |               | 1.30 – 3.30pm               | 6 POOL             |
| YOUTH COMPETITVE    | 5.30 -7am |               | 7 – 9pm             | 5.30 -7am |         |           | 7 – 9pm             | 5.30 -7am | 8 – 9pm |               | 10 – 12pm<br>12.15 – 1.15pm | 11.5 POOL<br>1 GYM |
| JUNIOR PERFORMANCE  | 5.30 -7am | 7.15 – 9.15pm | 7 – 9pm             | 5.30 -7am | 7 – 8pm |           | 7 – 8pm<br>8 – 9 pm | 5.30 -7am |         | 7.15 – 8.45am | 10 – 12pm                   | 14 POOL<br>1 GYM   |
| JUNIOR COMPETITIVE  | 5.30 -7am |               |                     | 5.30 -7am | 7 – 8pm |           | 7 – 9pm             | 5.30 -7am |         | 7.15 – 8.45am | 1.30 – 3.30pm               | 11 POOL            |
| JUNIOR DEVELOPMENT  | 5.30 -7am |               |                     |           | 6 – 7pm | 5.30 -7am |                     |           |         |               | 1.30 – 3.30pm               | 6 POOL             |
| YOUNG OLYMPIANS     |           | 6.15 – 7.15pm |                     | 5.30 -7am | 6 – 7pm | 5.30 -7am |                     |           |         | 7 – 8.30pm    | 6.30 – 7.30am               | 1.30 – 3.30pm      |
| SKILLS 2            |           | 6.15 – 7.15pm |                     |           | 6 – 7pm |           |                     |           | 7 – 8pm | 6.30 – 7.30am | 2.15 – 4.15pm               | 6 POOL             |
| SKILLS 3            |           |               |                     |           | 6 – 7pm |           |                     |           |         | 7.15 – 8.15am | 2.15 – 4.15pm               | 4 POOL             |
| WATFORD ACADEMIY G  |           |               | 7 – 8pm             |           |         |           |                     |           |         |               | 2.30 – 3.30pm               | 2 POOL             |
| WATFORD ACADEMY S   |           |               | 6 – 7pm             |           |         |           |                     |           |         |               | 1.30 – 2.30pm               | 2 POOL             |
| WATFORD ACADEMY B   |           |               |                     |           |         |           |                     |           |         | 7.30 – 8.15am |                             | 0.75 POOL          |
| MASTERS             |           | 8.30 – 9.30pm |                     |           | 8 – 9pm |           |                     |           |         |               |                             | 2 POOL             |



## POOL LOCATIONS

WOODSIDE

CENTRAL

LUTON

HABS GIRLS

ST MARGARETS

## KEY

LAND TRAINING