

WATFORD SWIMMING CLUB – FEBRUARY 2026TRAINING 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 8 – 9 pm	5.30 -7am	7 – 9pm	5.30 -7am	6 – 8pm 8 – 9 pm	5.30 -7am	7 – 9pm		10 – 12pm 12.15 – 1.15pm	18 POOL 3 GYM
SENIOR PERFORMANCE	5.30 -7am	7.15 – 9.15pm	6 – 8pm	5.30 -7am	7 – 9pm		6 – 8pm 8 – 9 pm	5.30 -7am			10 – 12pm 12.15 – 1.15pm	14.5 POOL 2 GYM
SENIOR COMPETITIVE	5.30 -7am		7 – 9pm	5.30 -7am			7 – 9pm	5.30 -7am	8 – 9pm		10 – 12pm 12.15 – 1.15pm	11.5 POOL 1 GYM
SENIOR DEVELOPMENT				5.30 -7am		5.30 -7am	8 – 9pm				1.30 – 3.30pm	6 POOL
YOUTH COMPETITIVE	5.30 -7am		7 – 9pm	5.30 -7am			7 – 9pm	5.30 -7am	8 – 9pm		10 – 12pm 12.15 – 1.15pm	11.5 POOL 1 GYM
JUNIOR PERFORMANCE	5.30 -7am	7.15 – 9.15pm	7 – 9pm	5.30 -7am	7 – 8pm		7 – 8pm 8 – 9 pm	5.30 -7am		7.15 – 8.45am	10 – 12pm	14 POOL 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	10 POOL
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