

WATFORD SWIMMING CLUB – SEPTEMBER 2025 TRAINING TIMETABLE

SQUAD	MON AM	MON PM	TUE AM	TUE PM	WED AM	WED PM	THU AM	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	5.30 -7am		5.30 -7am	7 – 9pm		6 – 8pm 8 – 9 pm	5.30 -7am			10 – 12pm 12.15 – 1.15pm	14 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 8 – 9 pm		7 – 9pm	5.30 -7am		7.15 – 8.45am	1.30 – 3.30pm	11 POOL 0.5 GYM
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			5 – 6 pm 6 – 7pm	5.30 -7am			7 – 8.30pm	6.30 – 7.30am	1.30 – 3.30pm	9.5 POOL 0.5 GYM
SKILLS 2		6.15 – 7.15pm				5 – 6 pm 6 – 7pm				7 – 8pm	6.30 – 7.30am	2.15 – 4.15pm	6 POOL 0.5 GYM
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