

## Verulam SC – Training Schedule 2024

Last updated: 25-Apr-2024

Group	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Swim School 1	4.00 – 4.30pm	WML_LP										
Swim School 2	4.00 – 4.30pm	WML_LP										
Swim School 3	4.30 – 5.00pm	WML_LP										
Swim School 4	5.00 – 5.30pm	WML_LP										
Swim School 5	5.30 – 6.00pm	WML_LP										
Swim School 6	5.00 – 5.30pm	WML									5:45 - 6:30pm	STAHS*
Swim School 7	5.30 – 6.00pm	WML									5:45 - 6:30pm	STAHS*
Academy 1	4.00 – 5.00pm	STAHS	6.15 – 7.15pm	MARL	6.15 – 7.15pm	WML	6.15 – 7.15pm	MARL			5:45 - 6:30pm	STAHS
Academy 2	5.00 – 6.00pm	STAHS	6.15 – 7.15pm	MARL	6.15 – 7.15pm	WML	6.15 – 7.15pm	MARL			6:30 - 7:30pm	STAHS
Academy 3	5.00 – 6.00pm	STAHS	6.15 – 7.15pm	MARL	6.15 – 7.15pm	WML	6.15 – 7.15pm	MARL			6:30 - 7:30pm	STAHS
Academy 4	6.00 – 7.00pm	STAHS	8.15 – 9.15pm	MARL	6.15 – 7.15pm	WML	8.15 – 9.15pm	MARL			7.30 – 8.30pm	STAHS
Academy 5	6.00 – 7.00pm	STAHS	8:15-9:15pm	MARL	8:15-9:15pm	WML	8:15-9:15pm	MARL			7.30 – 8.30pm	STAHS
Performance Dev.	4.00 – 5.30pm	WML	7.15 – 8.15pm	MARL	7.15 – 8.45pm	WML	7.15 – 8.15pm	MARL	6.00 – 7.00am	WML	6.30 – 8.00pm	WML
Performance	4.00 – 6.00pm	WML	8.15 – 9.15pm	MARL	7.15 – 8.45pm	WML	8.15 – 9.15pm	MARL	6.00 – 7.00am	WML	6.30 – 8.30pm	WML
Masters	4.00 – 5.00pm	WML									7.30 – 8.30pm	WML

Key:

MARL	Marlborough School
STAHS	St Albans High School
WML	Westminster Lodge (Main Pool)
WML_LP	Westminster Lodge (Learner Pool)
*	Optional - pay-as-you-go
	Amended in this update
	New for this update