

Verulam SC – Training Schedule

28-Jun-2025

Group	Sunday PM		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	6.15 – 7.15pm	WML	8.15 – 9.15pm	MARL			7.30 – 8.30pm	STAHS
Pathway	10.00am - noon	LU**									5.30 – 6.30pm	AT
Pathway	4.00 – 5.00pm	STAHS	7.15 – 8.15pm	MARL	7.15 – 8.45pm	WML	7.15 – 8.15pm	MARL			6.30 – 8.00pm	WML
Performance Dev.	10.00am - noon	LU**							6.00 – 7.00am	WML	5.30 – 6.30pm	AT
Performance Dev.	4.00 – 6.00pm	WML	7.15 – 8.15pm	MARL	7.15 – 8.45pm	WML	7.15 – 8.15pm	MARL			6.30 – 8.30pm	WML
Performance	10.00am - noon	LU**	6:00 - 7:00am	HRP					6.00 – 7.00am	WML	5.30 – 6.30pm	AT
Performance	4.00 – 6.00pm	WML	8.00 – 9.30pm	HRP	7.15 – 8.45pm	WML	8.15 – 9.15pm	MARL			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
HRP	Harpenden Leisure Centre
WML	Westminster Lodge (Main Pool)
WML_LP	Westminster Lodge (Learner Pool)
AT	Abbey Theatre - Land Training
LU**	Luton Inspire (Long course - by invitation)
*	Optional - pay-as-you-go