

JANUARY 2026 TIMETABLE (FROM SUNDAY 4TH JANUARY 2026)

	Turtles/Seahorses/ Starfish [LTS]	Dolphins [LTS]	Sharks [LTS]	Adults [LTS]	Academy	Junior Development	County	Regional 1	Regional 2	National Age	National Youth	Masters	Club 1	Club 2	Club 3	Water Polo
Monday PM		Erdington	Erdington		Erdington	Castle Vale	Erdington	Erdington	Erdington	Castle Vale	Castle Vale	Erdington	Erdington	Erdington	Erdington	
Time		19.00 - 19.30	19.00 - 19.45		19.00 - 19.45	17.00 - 18.30	19.45 - 20.45	19.30 - 20.45	20.45 - 22.00	18.30 - 20.30	18.30 - 20.30	20.45 - 22.00	19.00 - 19.45	19.45 - 20.45	19.45 - 20.45	
Land Training									20.00 - 20.30	20.45 - 21.30	20.45 - 21.30					
Tuesday	Castle Vale	Wyndley	Wyndley		Castle Vale	Wyndley	Castle Vale	Wyndley		Wyndley	Wyndley		Wyndley	Wyndley		Wyndley
Time	16.30 - 18.00 (30min Sessions)	19.00 - 20.00 (30min Sessions)	19.00 - 20.00		18.00 - 19.00	19.00 - 20.30	18.00 - 19.00	20.00 - 21.30		20.00 - 21.30	20.00 - 21.30		19.00 - 20.00	19.00 - 20.00		20.30 - 22.00
Land Training						18.00 - 18.40										
Wednesday	Castle Vale							Erdington		Castle Vale	Castle Vale	Erdington				
Time	17.00 - 19.00 (30min Sessions)							20.00 - 21.30		19.00 - 21.00	19.00 - 21.00	20.00 - 21.30				
Thursday PM		Wyndley	Wyndley		Wyndley	Wyndley		Wyndley		Wyndley	Wyndley	Wyndley	Wyndley	Wyndley	Wyndley	
Time		18.30 - 19.30 (30min Sessions)	18.30 - 19.30		19.30 - 20.30	19.30 - 20.30		20.30 - 22.00		19:30 - 21:30	19:30 - 21:30	20.30 - 22.00	19.30 - 20.30	20.30 - 22.00	20.30 - 22.00	
Friday AM								Wyndley		Wyndley	Wyndley	Wyndley				
Time								05.00 - 06.30		05.00 - 06.30	05.00 - 06.30	05.00 - 06.30				
Friday PM					Castle Vale	Castle Vale	Wyndley	Snowdome			Snowdome	Snowdome		Wyndley	Wyndley	
Time					19.00 - 20.30	19.00 - 20.30	20.00 - 21.30	20.00 - 21.30			20.00 - 21.30	20.00 - 21.30		20.00 - 21.30	20.00 - 21.30	
Land Training					18.00 - 18.45	18.00 - 18.45		19.00 - 19.45			19.00 - 19.45					
Saturday					Castle Vale	Castle Vale				Tamworth	Tamworth					
Time					08.30 - 09.30	08.30 - 09.30				06.30 - 08.30	06.30 - 08.30					
Land Training										08.45 - 09.30	08.45 - 09.30					
Sunday	Castle Vale	Wyndley	Wyndley	Castle Vale	Wyndley	Wyndley	Wyndley			Wyndley			Wyndley			Wyndley
Time	13:15 - 14:45 (30min Sessions)	15.30 - 16.30 (30min Sessions)	15.30 - 16.30	15.15 - 15.45	14.00 - 15.30	15.30 - 17.00	15.30 - 17.00			14.00 - 15.30			15.30 - 16:30			17.00 - 22.00

All performance and competitive squads should arrive 15 minutes early for pre-pool.