

TIMETABLE FROM NOVEMBER 2025 ONWARDS									
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regional Squad	AM	Prepool Swim Time LT Location		05:20 to 05:30 05:30 to 07:00 N/A New Malden			05:15 to 05:25 05:25 to 06:55 N/A Hurst	06:45 to 07:00 07:00 to 09:00 09:10 to 10:00 LEH	
	PM	Prepool Swim Time LT Location	18:05 to 18:20 18:20 to 19:50 N/A LEH	19:00 to 19:15 19:15 to 21:15 N/A Hurst	N/A 19:00 to 20:30 17:45 to 18:45 New Malden	17:30 to 17:45 17:45 to 19:30 N/A Claygate			17:00 to 17:30 17:30 to 19:30 N/A Reed's
Competition Squad	AM	Prepool Swim Time Location			05:15 to 05:25 05:25 to 06:55 Hurst			07:00 to 07:15 07:15 to 09:00 Claygate	
	PM	Prepool Swim Time Location	19:45 to 20:00 20:00 to 21:00 New Malden			N/A 20:00 to 21:30 LEH			19:15 to 19:30 19:30 to 21:00 New Malden
County Squad	AM	Prepool Swim Time LT Location				05:20 to 05:30 05:30 to 07:00 N/A New Malden		N/A 09:00 to 11:00 07:45 to 08:45 LEH	
	PM	Prepool Swim Time LT Location	19:35 to 19:50 19:50 to 21:20 NA LEH	19:30 to 19:45 19:45 to 21:15 N/A LEH			17:15 to 17:30 17:30 to 19:00 N/A Claygate		16:15 to 16:30 16:30 to 18:30 N/A Hurst
Junior Competition Squad	AM	Prepool Swim Time Location			05:15 to 05:25 05:25 to 06:55 Hurst			11:45 to 12:00 12:00 to 13:00 Claygate	
	PM	Prepool Swim Time Location				19:45 to 20:00 20:00 to 21:00 LEH			19:15 to 19:30 19:30 to 21:00 New Malden
Juniors 4	AM	Prepool Swim Time Location	05:50 to 06:00 06:00 to 07:00 New Malden					10:45 to 11:00 11:00 to 12:30 LEH	
	PM	Prepool Swim Time Location		19:30 to 19:45 19:45 to 20:45 LEH			18:45 to 19:00 19:00 to 20:30 Claygate		15:45 to 16:00 16:00 to 17:30 Reed's
Juniors 3	AM	Prepool Swim Time Location						10:45 to 11:00 11:00 to 12:30 LEH	
	PM	Prepool Swim Time Location	20:05 to 20:20 20:20 to 21:20 LEH		18:45 to 19:00 19:00 to 20:30 Claygate		19:30 to 19:45 19:45 to 20:45 New Malden		
Juniors 2	AM	Prepool Swim Time Location						12:15 to 12:30 12:30 to 14:00 LEH	
	PM	Prepool Swim Time Location	19:05 to 19:20 19:20 to 20:20 LEH		17:45 to 18:00 18:00 to 19:00 Claygate		19:30 to 19:45 19:45 to 20:45 New Malden		
Juniors 1	AM	Prepool Swim Time Location						12:15 to 12:30 12:30 to 14:00 LEH	14:45 to 15:00 15:00 to 16:00 Reed's
	PM	Prepool Swim Time Location	18:05 to 18:20 18:20 to 19:20 LEH						
Academy 3	AM	Prepool Swim Time Location						13:45 to 14:00 14:00 to 15:00 LEH	07:45 to 08:00 08:00 to 09:00 New Malden
	PM	Prepool Swim Time Location		18:15 to 18:30 18:30 to 19:30 Claygate					
Academy 2	AM	Prepool Swim Time Location						14:45 to 15:00 15:00 to 16:00 LEH	06:45 to 07:00 07:00 to 08:00 New Malden
	PM	Prepool Swim Time Location		17:15 to 17:30 17:30 to 18:30 Claygate					

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Academy 1	AM	Prepool Swim Time Location						14:45 to 15:00 15:00 to 16:00 LEH	
	PM	Prepool Swim Time Location	17:15 to 17:30 17:30 to 18:30 Claygate						
Foundation 2	AM	Prepool Swim Time Location						13:45 to 14:00 14:00 to 15:00 LEH	
	PM	Prepool Swim Time Location	18:15 to 18:30 18:30 to 19:30 Claygate						
Foundation 1	AM	Prepool Swim Time Location							11:20 to 11:30 11:30 to 12:30 Claygate
	PM	Prepool Swim Time Location							
Club Squad	AM	Prepool Swim Time Location						11:45 to 12:00 12:00 to 13:00 Claygate	
	PM	Prepool Swim Time Location		19:45 to 20:00 20:00 to 21:00 New Malden					N/A 19:30 to 21:00 New Malden
Masters/SwimFit	AM	Prepool Swim Time Location							
	PM	Prepool Swim Time Location		N/A 21:00 to 22:00 New Malden	N/A 20:30 to 22:00 New Malden	N/A 21:00 to 22:00 LEH			
Young Masters	AM	Prepool Swim Time Location							
	PM	Prepool Swim Time Location		N/A 21:00 to 22:00 New Malden		N/A 21:00 to 22:00 LEH			
Inspire Squad	AM	Prepool Swim Time Location							
	PM	Prepool Swim Time Location						N/A 16:00 to 17:00 Claygate	