



Day	AM	Squads to attend	PM	Squads to attend
Monday	6-7.30	Young Potential Potential Performance	5 – 6.30 - LW	Performance Plus Potential Young Potential - 1 lane plus pit for stroke
Monday			5 - 6.30 PIT	YP - stroke clinic (part of fees)
Tuesday	5.30-7.30 Plus stroke work in pit	Performance ALL Potential	5-6.30 LW	Performance ALL
			5.45-6.45 Garrison	Potential Junior SD
Tuesday			5 - 6.30 PIT	Optional Young Potential Swim Clinic - Pay on day
Wednesday	5.30-7.30	Performance PLUS	5.45-6.45 G	Academy
			7-8 - LW	Masters
Wednesday	6-7.30 PIT	Young Potential	7-8 - LW PIT	Optional Junior stroke clinic - Pay on day
Thursday	6-7.30	Potential	5-6.30 - LW	Performance ALL
			7-8 - G	Masters Young Potential- 2 lanes
Thursday			PIT	New Junior & Academy Swim Clinic - Pay on day
Friday	5.30-7.30	Performance ALL	5.30-6.30 Garrison	Potential Performance ALL Senior Dev
			6-7.30 - LW	Junior & Young Potential
			6-7.30 - PIT	Used as lane 7 as needed for Junior and YP
Friday AM	6 - 7.30 PIT	Optional Junior and YP clinic - pay on day	6.30-7.30 - G	Academy
			7.30-8.30 LW	Swim Fitness and Waterpolo subscribe members
Sunday	7-8 - LW	Swim Fitness Juniors Pre-Club- (invitation only, chargeable)		
	8-9AM LW	Masters & SD (1 lane)		
	9-11 - G	Potential Performance - ALL		
	10-11 - G	Young Potential		

SQUAD	POOL TIME	SESSIONS	Available sessions	
Performance Plus	13.5 HRS	9 - (8 + Basildon Program)	4 evenings 3 mornings Sun AM Basildon Program - Sunday PM	
Performance	11.5 HRs	7	3 evenings 3 mornings Sun AM	
Potential	10.5 HRS	7	3 evenings 3 mornings Sun AM	
Young Potential (Int)	7.5 HRS	6	3 evenings 2 mornings Sun AM	Plus two optional 'pay on the day' clinics available
Junior	3.5 HRS	3	2 evenings Sun AM - LW	Plus two optional 'pay on the day' clinics available
Senior Development	3 HRS	3	2 evenings Sun AM	
Masters (including Youth Masters)	3 HRS	3	2 evenings Sun AM Sunday night for NEW Masters in interim	
Clinics - Pay on day			Wednesday night Thursday night Friday AM Sunday AM	Junior Academy & new juniors Junior/YP Pre-Club (invitation)