



TRAINING TIMETABLE 2025-2026 SEASON

The below session times are with effect from 1st January 2026. These may be subject to change at the discretion of the coaching team.

	Squad	Age Range (guide only)	Lead Coach	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total hours
SENIOR SQUADS	Masters Tier 1	18+	Dan	AM PM	0600-0730 K2	0600-0730 K2	0600-0700 K2	0600-0700 K2	0600-0730 K2	0600-0730 K2		10 Hours
	Masters Tier 2	18+	Brian / Dan	AM PM	0600-0700 K2	0600-0700 HLC	0600-0700 K2	0600-0700 K2	0600-0700 K2	0600-0730 K2		8.5 Hours
	Masters Tier 3	18+	Brian / Dan	AM PM	0600-0700 K2 (T3E HLC)	0600-0700 HLC	0600-0700 K2 (T3E HLC)	0600-0700 K2 (T3 parents)	0600-0700 K2 (T3E HLC)	0600-0730 K2		8.5 Hours
	Masters Tier 4	18+	Brian / Dan	AM PM	0600-0700 HLC	0600-0700 HLC	0600-0700 HLC	0600-0700 K2 (T4 parents)	0600-0700 HLC	0600-0730 K2		8.5 Hours
	Masters SwimFit	18+	Brian / Dan	AM PM				0600-0700 HLC		0600-0730 K2		2.5 Hours
YOUTH SQUADS	National Development	F 12-24 M 12-24	Will	AM PM Land	0600-0730 K2 1800-2000 K2	0600-0730 K2 1800-2000 K2	0600-0730 K2		0600-0730 K2 1815-2015 K2	0600-0730 K2		15.25 Hours
	Regional Development	F 12-18 M 12-18	Jo	AM PM Land	0600-0700 HLC	0600-0700 K2	0600-0700 K2 1800-1930 K2	0600-0700 HLC 2030-2130 HLC	0600-0700 K2 1815-1945 K2		0730-0930 K2	11 Hours
	County Development Senior	F 13-17 M 13-17	Helen	AM PM Land	0600-0700 HLC	0600-0700 HLC			0600-0700 K2 1945-2115 K2		0730-0930 K2	9 Hours
	County Development Junior	F 9-11 (12 LS) M 9-11 (12 LS)	Simon	AM PM Land	0600-0700 K2	0600-0700 HLC	0600-0700 HLC					6 Hours
	Club Squad	F 14-18 M 14-18		AM PM				0600-0700 HLC	0600-0700 HLC		1100-1200 K2	3 Hours
	Early Comp 5 & 6	F 7-10 M 7-10	Simon	AM PM			1900-2000 K2	0600-0700 HLC	2000-2100 K2	0800-0900 HLC	1000-1100 K2	5 Hours
ACADEMY GROUPS	Early Comp 4		Gemma	AM PM					0600-0700 HLC 2000-2100 K2	0800-0900 K2		3 Hours
	Early Comp 3		Gemma	AM PM	1915-1945 K2				1945-2045 K2	2000-2100 K2	1000-1100 K2	2.5 Hours
	Early Comp 2		Gemma	AM PM	1845-1915 K2				1900-2000 K2	1900-1945 K2	0900-0945 K2	2 Hours
	Early Comp 1		Gemma	AM PM	1845-1915 K2				1900-1945 K2	1900-1945 K2	0900-0945 K2	2 Hours
	Pre Comp 1 & 2		Gemma	AM PM					1900-1945 K2	0900-0945 K2		1.5 Hours
	Para Swimming		Tom	AM PM			0600-0700 HLC		0600-0700 HLC 1900-2000 K2	0900-1000 K2		4.5 Hours
	Crawley SC Flamingoes	16+	Kevin	AM PM		1930-2030						1 Hour
	Crawley SC Diving	11+	Brenda	AM PM		2000-2100		1945-2045				2 Hours
	Crawley SC Water Polo	16+		AM PM			2100-2200		2100-2200			2 Hours