

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● MASTERS	20:30 to 21:30 FILTON	19:15 to 20:45 FILTON	21:00 to 22:00 HORFIELD				*
● SQUAD 1	18:50 to 21:00 RIDINGS	18:00 to 20:00 ST THERESAS	19:40-21:00 HORFIELD	19:00 to 21:00 RIDINGS	19:00 to 21:15 FILTON		*
● SQUAD 2	19:00 to 21:00 RIDINGS (County Qualifiers)	18:00 to 20:00 ST THERESAS	19:40 to 21:00 HORFIELD	19:00 to 21:00 RIDINGS	19:00 to 21:15 FILTON		*
● SQUAD 3	19:15 to 20:30 FILTON		19:15 to 20:30 FILTON		18:00 to 19:30 RIDINGS		
● SQUAD 4	19:15 to 20:15 FILTON		19:15 to 20:30 FILTON		16:30 to 18:00 RIDINGS		
● SQUAD 5				18:00 to 19:00 FILTON			17:00 to 18:00 FILTON
● SWIM DEV 1							(A) 15:00 to 16:00 (B) 16:00 to 17:00 FILTON
● SWIM DEV 2							(A) 16:00 to 16:30 (B) 16:30 to 17:00 FILTON
● SWIM DEV 3							(A+B) 15:00 to 15:30 (C+D) 15:30 to 16:00 FILTON
● L2S IMP.							(A) 15:00 to 15:30 (B) 15:30 to 16:00 FILTON
● L2S BEG.							(A+D) 16:00 to 16:30 (B+C) 16:30 to 17:00 FILTON

- Note that this timetable is subject to change. Always use the SCM Club Calendar to check that your sessions are on. Squad colours on SCM are shown on the LHS of the above table.

- To safeguard all club members, all members must pass a Health Screen before every session.

- \* Millfield/Bath University long course (50m) sessions are offered to Masters, Squad 1, and Squad 2 once a month on a Sunday in lieu of other Sunday training subject to limited capacity. Check SCM for details.

- Squad and Swim Development training sessions are typically held every week throughout the year, with a reduced programme during Summer School holidays, and on bank holiday weekends. Learn to Swim is term time.

- Members are encouraged to speak with the Head Coach regarding any feedback on this timetable.

#### SWIM VENUE KEY:

FILTON	RIDINGS, WINTERBOURNE	BATH / MILLFIELD
HORFIELD	ST THERESA'S HALL (LAND TRAINING)	