

Squad Training Timetable 2026



DAY	SQUAD	TIME	POOL
MONDAY	A & B1	17:00-19:00	MARSHSIDE
	B3 & C	19:00-20:30	MARSHSIDE
TUESDAY	A & B	17:15-19:15	MARSHSIDE
	C	19:30-21:00	DUNES
	JUNIORS	18:30-20:00	DUNES
	SENIORS	20:00-21:00	DUNES
WEDNESDAY	A & B	05:15-07:15	MARSHSIDE
	A & B1	17:00-19:00	MARSHSIDE
	B3 & C	19:00-20:30	MARSHSIDE
THURSDAY	A & B	18:00-20:00	MARSHSIDE
	C	19:30-21:00	DUNES
	JUNIORS	18:30-20:00	DUNES
	SENIORS	20:00-21:00	DUNES
FRIDAY	A & B	05:15-07:15	MARSHSIDE
	C	05:45-07:15	MARSHSIDE
	A & B	17:00-19:00	MARSHSIDE
	JUNIORS	19:00-20:30	MARSHSIDE
SATURDAY	B3 & C	07:00-08:30	MARSHSIDE
	JUNIORS	07:00-08:30	MARSHSIDE
	SENIORS	07:00-08:30	MARSHSIDE
	A & B1	10:00-12:00	WAVERTREE
SUNDAY	C & JUNIORS	16:00-17:30	MARSHSIDE
	SENIORS	17:30-18:30	MARSHSIDE