



Squad Training Timetable 2026

DAY	SQUAD	TIME	POOL
MONDAY	A	17:00-19:00	MARSHSIDE
	B & C	19:00-20:30	MARSHSIDE
TUESDAY	A & B	17:15-19:15	MARSHSIDE
	C	18:30-20:00	DUNES
	JUNIORS 1	19:30-20:30	DUNES
	JUNIORS 2	18:30-20:00	DUNES
	SENIORS	20:00-21:00	DUNES
WEDNESDAY	A & B	05:15-07:15	MARSHSIDE
	A	17:00-19:00	MARSHSIDE
	B & C	19:00-20:30	MARSHSIDE
THURSDAY	A & B	18:00-20:00	MARSHSIDE
	C	18:30-20:00	DUNES
	JUNIORS 1	19:30-20:30	DUNES
	JUNIORS 2	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 1	19:00-20:30	MARSHSIDE
SATURDAY	B & C	07:00-08:30	MARSHSIDE
	JUNIORS 1	07:00-08:30	MARSHSIDE
	SENIORS	07:00-08:30	MARSHSIDE
	SELECTED SWIMMERS	10:00-12:00	WAVERTREE
SUNDAY	C	16:00-17:30	MARSHSIDE
	JUNIORS 1 & 2	16:00-17:30	MARSHSIDE
	SENIORS	17:30-18:30	MARSHSIDE