

Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM		
Performance +	05:45-07:30	18:00-21:00		18:10-20:30		Sep-Feb: 18:00-21:00 Mar-Aug: 18:00-21:00	05:45-07:30	18:40-21:00		18:00-21:00	06:45-09:00	14:10-16:30 ¹
lead coach: David												
Performance	05:45-07:30			19:15-21:00			05:45-07:30	17:15-19:00		18:00-21:00	06:45-09:00	14:10-16:30
lead coach: Joe												
Regional Age	05:45-07:30	18:40-20:30		19:10-21:00		Sep-Feb: 18:00-21:00 Mar-Aug: 18:00-21:00		18:30-20:30		18:40-21:00		14:10-16:30
lead coach: Madison											LRA Jnr: 09:40-12:00 ³	
Regional Development		18:15-20:30		19:10-21:00			05:45-07:30	18:30-20:30		19:15-21:00		16:15-18:00
lead coach: David												
County Age		18:45-20:30		17:45-20:00		18:45-20:30				17:15-19:00 18:40-21:00 ⁴	10:15-12:00	14:45-16:30
lead coach: Dhaval												
County Development		17:45-19:00		17:45-19:30		17:15-19:00				19:15-21:00	09:00-10:30	
lead coach: Dhaval												
Fitness Advanced				19:30-21:00		19:30-21:00				19:30-21:00		16:30-18:00
lead coach contact: David												
Fitness Development		17:45-19:00		19:30-21:00								15:30-16:30
lead coach contact: David												
Academy A		18:30-19:15								18:00-19:00		15:45-16:30
Academy B		17:45-18:30								18:00-19:00		15:00-15:45
lead coach: Dhaval												
Para						19:00-20:00						
lead coach contact: David												
Masters	06:30-08:00		06:30-08:00	20:00-21:30		19:30-21:00	06:30-08:00	19:00-20:30	06:00-07:30		06:00-08:00	
lead coach contact: David												

Key	Clissold MP	Clissold TP	Beacon	Cally	LAC MP	LAC TP	King's Hall	Lido	Britannia
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¹ Optional make-up session for Performance+ swimmers

² Selected London Roar Academy swimmers only/ specified dates only

³ Selected London Roar Academy swimmers only/ specified dates only

⁴ Selected County Age swimmers to train with Regional Age