

Spring Term Training Grid 2023 - 4 January - 6 April 2023

TRAINING GRID	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Academy 1 (0.75 hrs)	WOKING TEACHING POOL 16:15 - 17:00						
Academy 2 (0.75 hrs)	WOKING TEACHING POOL 16:15 - 17:00						
Academy 3 (1.5 hrs)	WOKING TEACHING POOL 17:00 - 17:45					WOKING TEACHING POOL 18.30 - 19.15	
Academy 4 (1.5 hrs)	WOKING TEACHING POOL 17:00 - 17:45					WOKING TEACHING POOL 19.15 - 20:00	
Academy 5 (1.75 hrs)	WOKING TEACHING POOL 17:45 - 18:45		WOKING TEACHING POOL 18:30 - 19:15				
Academy 6 (2 hrs)	WOKING TEACHING POOL 18:45 - 19:45		WOKING TEACHING POOL 19:15 - 20:15				
Senior Academy (2.5 hrs)	WOKING COMP POOL 07:30 - 09:00					Eastwood Centre 18:00-19:00	
Bronze Development (4 hrs)	WOKING COMP POOL 07:30 - 09:00	Eastwood Centre 18:00-19:00				Eastwood Centre 18:00-19:30	
Bronze (6.5 hrs)							Pirbright 07:15 - 08:45
	WOKING COMP POOL 16:30 - 18:00	Eastwood Centre 19:00-20:00	Eastwood Centre 20:00-21:00			REEDS 18:30 - 20.00	
Silver (Up to 10 hrs plus Land Training)					Land Training 18:30-19:00 Reeds		
	WOKING COMP POOL 16:30 - 18:00	Eastwood Centre 20:00-21:30	Pirbright 19:00 -20:45	Eastwood Centre 18:00-19:30	REEDS 19:00 - 20.45	Eastwood Centre 19:30-21.30	
White Gold (Up to 11.5 hrs plus Land Training)			Land Training 1830-1930 Woking Leisure Centre				Eastwood Centre 07:00-09:00
	WOKING COMP POOL 18:00-20:00		WOKING COMP POOL 19:45 - 21:45	Pirbright 19:00 -21:00	Eastwood Centre 20:00-21:30	Eastwood Centre 19:00-21:00	
Pure Gold (Up to 13.5 hrs plus Land Training)			Land Training 1830-1930 Woking Leisure Centre			WOKING COMP POOL 06:00 - 07:30 2 lanes	Eastwood Centre 07:00-09:00 (invitation only)
	WOKING COMP POOL 18:00-20:00	Aldershot 1900-2100 2 lanes	WOKING COMP POOL 19:45 - 21:45	Eastwood Centre 19:30-21:30	Eastwood Centre 18:00-20:00	Aldershot 1900-2100 2 lanes	