



Squads Timetable

November 2024 (Location Aquadrome unless specified)

National Performance

Monday	5:30 - 7:00 18:00 - 19:30
Tuesday	5:30 - 7:00
Wednesday	5:30 - 7:00 Distance 5:30 - 7:30 18:00 - 19:30
Thursday	18:00 - 19:50
Friday	5:30 - 7:00
Saturday	7:00 - 9:00 Aldershot

Regional Performance

Monday	18:00 - 19:30
Wednesday	18:00 - 19:30
Thursday	5:30 - 7:00 18:00 - 19:50
Friday	18:00 - 19:30
Saturday	6:30 - 8:00
Sunday	15:30 - 17:00 Aldershot

Age Group Performance

Monday	19:30 - 20:30
Tuesday	19:45 - 21:15 Sports Centre
Thursday	5:30 - 7:00
Friday	18:00 - 19:30
Saturday	6:30 - 8:00
Sunday	15:30 - 17:00 Aldershot

Junior Performance

Tuesday	19:45 - 21:15 Sports Centre
Thursday	5:30 - 7:00 Sports Centre
Friday	19:00 - 20:00 Tadley
Saturday	8:00 - 9:30
Sunday	18:15 - 19:15

Water Polo

Tuesday	18:00 - 19:00 Academy 19:00 - 20:30 Juniors 20:30 - 22:00 Seniors
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County Performance

Monday	20:30 - 21:45
Wednesday	5:30 - 7:00
Thursday	19:50 - 20:50
Friday	20:30 - 21:30
Saturday	8:00 - 9:30
Sunday	15:30 - 17:00 Aldershot

Age Group County

Tuesday	5:30 - 7:00 Sports Centre
Wednesday	20:30 - 21:45
Thursday	19:50 - 20:50
Friday	20:00 - 21:00 Tadley
Sunday	20:15 - 21:30

Junior County

Tuesday	18:45 - 19:45 Sports Centre
Thursday	5:30 - 7:00 Sports Centre
Friday	19:00 - 20:00 Tadley
Sunday	19:15 - 20:15

Youth Competitive

Monday	20:30 - 21:45
Wednesday	20:30 - 21:45 (Booster)
Friday	20:30 - 21:30
Sunday	20:15 - 21:30 (Booster)

Age Group Competitive

Wednesday	20:30 - 21:45
Friday	20:00 - 21:00 Tadley
Sunday	20:15 - 21:30

Junior Competitive

Tuesday	18:45 - 19:45 Sports Centre
Friday	19:00 - 20:00 Sports Centre
Sunday	19:15 - 20:15

Skills Academy - Gold

Friday	20:00 - 21:00 Sports Centre
Sunday	18:15 - 19:15

Skills Academy - Silver

Friday	19:00 - 20:00 Sports Centre
Sunday	17:15 - 18:15

Skills Academy - Bronze

Thursday	17:15 - 18:00 QMC
Saturday	15:00 - 16:00 Aquadrome

Skills Academy - Pre Squad

Thursday	16:30 - 17:15 QMC
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Senior Club

Friday	20:00 - 21:00 Sports Centre
Saturday	16:00 - 17:00

Junior Club

Saturday	15:00 - 16:00
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Masters Squads

Performance & Club (All Levels)

Monday	5:30 - 7:00 Performance (1:30 cycles) 19:30 - 20:30 Club (3 Lanes)
Tuesday	5:30 - 6:30 Mid.Distance Performance (1:30 cycles)
Wednesday	19:30 - 20:30 Club (3 Lanes) 19:30 - 20:30 Performance (3 Lanes)
Friday	19:30 - 20:30 Sprint Club (3 Lanes)

Sharks Disability

Friday	19:30 - 20:30
Sunday	17:15 - 18:15 - 25m 18:15 - 19:00 - 20m