



# Squads Timetable

January 2025 (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	20:00 - 21:00 Sports Centre
Saturday	8:00 - 9:30
Sunday	18:15 - 19:15

## Sharks Disability

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

## 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 Tadley
Sunday	19:15 - 20:15

## Skills Academy - Gold

Friday	19:00 - 20:00 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	16:30 - 17:15 Bronze 1 - QMC 17:15 - 18:00 Bronze 2 - QMC
Saturday	15:00 - 16:00 Booster - Aquadrome

## Club 2

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

## Club 1

Saturday	15:00 - 16:00
----------	---------------

## 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 (2 Lanes) 19:30 - 20:30 Performance (4 Lanes)
Friday	19:30 - 20:30 Sprint Club (3 Lanes)

## Water Polo Squads

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