

HWSC - Training Timetable

v3.2	Performance	Development	Intermediate	Junior Level 4	Junior Level 3	Junior Level 2	Junior Level 1	Junior Competitive	Learn To Swim invitation	Senior Competitive	Land Training
KEY: HLC = Harrow Leisure Centre, NG = Northwood Girls School, JL = John Lyon School, HB = Harrow Boys School											
Monday											
05:30 am	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	invite only	invite only	invite only	invite only		05:30-07:00 JL - Marc	
06:00											
06:30											
07:00											
07:30											
08:00											
17:00 pm											
17:30	17:30-19:30 HLC - Marc	17:30-19:30 HLC - Marc	17:30-19:30 HLC - Wayne/Marc								
18:00											
18:30											
19:00					19:00-20:00 HLC - Daisy	19:00-20:00 HLC - Emma					
19:30											
20:00								20:00-21:30 HLC - Sam		20:00-21:30 HLC - Sam	
20:30											
21:00											
21:30											
Tuesday											
05:30 am											
06:00											
06:30											
07:00											
07:30											
08:00											
17:00 pm											
17:30	17:30-19:00 HLC - Marc	17:30-19:00 HLC - Marc									
18:00											
18:30											
19:00	Dry land training	Dry land training	19:15-20:45 NG - Wayne	19:15-20:45 NG - Andy							19:15-20:00 HLC
19:30											
20:00											
20:30											
21:00											
21:30											
Wednesday											
05:30 am	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	invite only	invite only	invite only	invite only		05:30-07:00 JL - Marc	
06:00											
06:30											
07:00											
07:30											
08:00											
17:00 pm											
17:30											
18:00	18:00-20:00 HLC - Marc	18:00-20:00 HLC - Marc	18:00-20:00 HLC - Wayne								
18:30											
19:00					19:00-20:00 HLC - Daisy	19:00-20:00 HLC - Emma					
19:30											
20:00								20:00-21:30 HLC - Sam		20:00-21:30 HLC - Sam	
20:30											
21:00											
21:30											
Thursday											
05:30 am											
06:00											
06:30											
07:00											
07:30											
08:00											
17:00 pm											
17:30	17:30-19:00 HLC - Marc	17:30-19:00 HLC - Marc	17:30-19:00 HLC - Wayne								
18:00				18:30-20:00 JL - Andy							
18:30											
19:00	Dry land training	Dry land training	Dry land training								19:15-20:15 HLC
19:30											
20:00											
20:30											
21:00											
21:30											
Friday											
05:30 am	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	05:30-07:00 JL - Marc	invite only	invite only	invite only	invite only		05:30-07:00 JL - Marc	
06:00											
06:30											
07:00											
07:30											
08:00											
17:00 pm											
17:30	17:30-19:00 HLC - Marc	17:30-19:00 HLC - Marc	17:30-19:00 HLC - Wayne								
18:00				18:00-19:30 NG - Andy	18:00-19:30 NG - Andy						
18:30							18:00-19:30 NG - Sian				
19:00											
19:30											
20:00											
20:30											
21:00											
21:30											
Saturday											
05:30 am											
06:00											
06:30											
07:00											
07:30	07:30-09:30 HLC - Marc	07:30-09:30 HLC - Marc	07:30-09:00 HLC - Wayne								
08:00						07:30-08:30 HLC - Emma	07:30-08:30 HLC - Sian		07:30-08:30 HLC		
08:30										08:30-10:00 HLC - Sam	
09:00				09:00-10:00 HLC - Andy	09:00-10:00 HLC - Daisy						09:30-10:30 HLC
09:30	Dry land training	Dry land training	Dry land training								
10:00											
10:30											
17:00 pm											
17:30											
18:00											
18:30											
19:00											
19:30											
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20:30											
21:00											
21:30											
Sunday											
05:30 am											
06:00											
06:30											
07:00											
07:30					07:30-09:00 HLC - Daisy	07:30-09:00 HLC - Emma		07:30-09:00 HLC - Andy/Sam			
08:00											
08:30											
09:00											
09:30											
17:00 pm											
17:30				17:00-18:30 HB - Andy/Sian							
18:00							17:00-18:30 HB - Sian/Andy				
18:30											
19:00											
19:30											