

Pool timetable for all squads and Learn to Swim groups

At Sheerness unless otherwise stated	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Small Pool
Sunday 8am – 9am	Orange	Maroon	Silver	Black	Black	Red A	Yellow
Sunday 9am – 10am	Orange	Maroon	Silver	Black	Black	Red B	White
Monday 7pm to 9pm (at Leysdown)	Black	Black	Selected silver and others	na	na	na	na
Wednesday 7.00pm – 8.00pm	Red B	Red A	Silver	Black	Black	Green A	Green B
Wednesday 8pm - 9.30pm	Orange	Maroon	Silver	Black	Black	Masters	na
Friday 7.30pm - 8.30pm	Red B	Red A	Silver	Black	Orange	Maroon	Green A & Green B
Friday 8.30pm – 9.30pm	Masters	Black or Silver	Silver	Black	Orange	Maroon	na

Weekly swim time:

Black & Silver 8hrs 30mins

Maroon & Orange 5 hrs 30 mins

Red 3hrs

Masters 2 hrs 30 mins

Green 2hrs

Yellow 1hr

White 1hr

By November 2021 we expect to have another 2hrs swimming time available tbc

Training Squads Masters Black Hats – Senior Competitive Silver Hats - Junior Competitive/Sprint Squad	Maroon Hats – Development Group B Orange Hats – Development Group C Red Hats
Learn to Swim Groups: Green Hats Yellow Hats White Hats	