

Worcester Swimming Club
Squad Sessions

From 1st January 2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	AM							
	PM	20:00 > 21:00		20:00 > 21:00		20:15 > 21:15		
	Land							
Performance	AM			06:00 > 07:30		06:00 > 07:30	07:00 > 08:45	
	PM	19:45 > 21:15	18:00 > 20:00	19:15 > 21:15		18:15 > 20:00		17:15 > 18:45
	Land	19:15 > 19:45		19:00 > 19:15	18:30 > 19:20	18:00 > 18:15	08:55 > 09:45	16:45 > 17:15
Regional Potential	AM	06:00 > 07:30					08:45 > 10:00	
	PM		18:00 > 20:00	18:00 > 20:00		20:00 > 21:15		15:45 > 17:15
	Land					19:30 > 20:00	07:45 > 08:35	15:15 > 17:15
Competitive Development	PM	18:15 > 19:45			18:00 > 19:30	19:00 > 20:30		15:45 > 17:15
	Land			18:00 > 19:00				15:15 > 15:45
Skill Development	PM	19:00 > 20:00				18:00 > 19:00		14:45 > 15:45
Academy 'A1'	PM	18:00 > 19:00				18:15 > 19:15		
Academy 'A2'	PM					19:15 > 20:15		

Key	
Perdiswell	
Malvern College	
Kings	

	Masters	Performance	Regional Potential	Competitive Development	Skill Development	Academy
Pool	3	13.5	9.5	6	3	2
Land	0	3.5	2	1.5	0	0
Total	3	17	11.5	7.5	3	2