

Chalfont Otters Swimming Club

Squad Timetable

From 15th-21nd December

Performance Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Senior Performance 16.25 hrs (inc. 0.75 hrs land)		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		Amersham (2) 09:00 - 11:00 11:30 - 12:15 LT
		Chalfont (2) 19:00 - 21:00	Hillingdon (2) 19:30 - 21:30	Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00	Slough (1.5) 15:30 - 17:00	Chalfont (1.5) 17:30 - 19:00
Intermediate Performance 12.5 hrs		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
	Chalfont (1) 20:00 - 21:00	Chalfont (1) 20:00 - 21:00	Hillingdon (1) 20:30 - 21:30	Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00	Slough (1.5) 15:30 - 17:00	Chalfont (1.5) 17:30 - 19:00
Competitive Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Senior Competitive 13.5 hrs		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
		Chalfont (2) 19:00 - 21:00	Hillingdon (2) 19:30 - 21:30	Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00	Slough (1.5) 15:30 - 17:00	Chalfont (1.5) 17:30 - 19:00
Intermediate Competitive 12.5 hrs		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
	Chalfont (1) 20:00 - 21:00	Chalfont (1) 20:00 - 21:00	Hillingdon (1) 20:30 - 21:30	Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00	Slough (1.5) 15:30 - 17:00	Chalfont (1.5) 17:30 - 19:00
Junior Competitive Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Junior Competitive 3 8 hrs		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
			Hillingdon (1) 20:30 - 21:30		Chalfont (1) 18:30 - 19:30	Slough (1.5) 14:00 - 15:30	Chalfont (1.5) 16:00 - 17:30
Junior Competitive 2 8 hrs		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
		Chalfont (1) 19:00 - 20:00			Chalfont (1) 18:30 - 19:30	Slough (1.5) 14:00 - 15:30	Chalfont (1.5) 16:00 - 17:30
Junior Competitive 1 8 hrs		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
		Chalfont (1) 19:00 - 20:00			Chalfont (1) 18:30 - 19:30	Slough (1.5) 14:00 - 15:30	Chalfont (1.5) 16:00 - 17:30
Academy Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Academy 2 4 hrs							
	Chalfont (1) 19:00 - 20:00				Chalfont (1) 18:30 - 19:30	Slough (1) 13:00 - 14:00	Chalfont (1) 15:00 - 16:00
Academy 1 4 hrs							
	Chalfont (1) 19:00 - 20:00				Chalfont (1) 18:30 - 19:30	Slough (1) 13:00 - 14:00	Chalfont (1) 15:00 - 16:00

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Development	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Development 2 3 hrs							
	Chalfont (1) 19:00 - 20:00					Slough (1) 12:00 - 13:00	Chalfont (1) 15:00 - 16:00
Development 1 2 hrs							
						Slough (1) 12:00 - 13:00	Chalfont (1) 15:00 - 16:00
Club Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Senior Club choose full/half programme (from 8 hrs available)		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
	Chalfont (1) 20:00 - 21:00				Chalfont (1) 18:30 - 19:30	Slough (1.5) 14:00 - 15:30	Chalfont (1.5) 16:00 - 17:30
Junior Club choose full/half programme (from 3.5 hrs available)							
	Chalfont (1) 20:00 - 21:00					Slough (1) 13:00 - 14:00	Chalfont (1.5) 16:00 - 17:30
Masters choose full/half programme (from 8.5 hrs available)		Chalfont (1.5) 05:30 - 07:00			Chalfont (1.5) 05:30 - 07:00		
	Chalfont (1) 20:00 - 21:00				Chalfont (1.5) 19:30 - 21:00	Slough (1.5) 15:30 - 17:00	Chalfont (1.5) 17:30 - 19:00
Teaching Groups	Mon	Tue	Wed	Thu	Fri	Sat	Sun
PRE-ALLOCATED SESSIONS ONLY							
Gold 2 (60 Mins)							
Gold 1 (45 Mins)							
Silver 2 (30 Mins)							
Silver 1 (30 Mins)							
Bronze 2 (30 Mins)							
Bronze 1 (30 Mins)							

Land Training (LT) at Maltman's takes place at The Junior Gym

Wear sports clothes with trainers for Land Training