

Swim Squad		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim Skills Academy			L@ 19:15-20:15		L@ 19:15-20:15			
Swim Skills (Red) Squad 5	A		L@ 19:00-20:00					Brockworth 12:00-13:00
Swim Skills (Red) Squad 5	B			DC 18:00-19:00				Brockworth 13:00-14:00
Swim Skills (Black) Squad 4	A		DC 20:00-21:00				CLC 12:00-13:00	St Edwards 12:15-13:30
Swim Skills (Black) Squad 4	B				DC 20:00-21:00		CLC 13:00-14:00	St Edwards 13:30-14.45
Train to Train (T2T White) Squad 3	A		L@ 19:00-20:00		L@ 19:15-20:15		DC 07:00-8:30	CLC 12:00-13:30
Train to Train (T2T White) Squad 3	B		L@ 20:00-21:00		L@ 19:15-20:15		DC 07:00-8:30	CLC 12:00-13:30
Train to Train (T2T Grey) Squad 2 * No training on 1 <sup>st</sup> Thursday of the month	am	L@ 06:00-07:00	L@ 06:00-07:30		L@ 06:00-07:30			
	pm		L@ Land Training Poolside 19:00-20:00 Swim 20:00-21:00		CC* 20:00-21:30		CLC 12:00-14:00	
Train to Compete (T2C) Squad 1 * No training on 1 <sup>st</sup> Thursday of the month ^ CLC Term time swims only	am	L@ 06:00-07:30		L@ 06:00-07:30		L@ 06:00-07:30		
	pm	DC 19:30-20.30	CLC^ 16:45-18:30	DC Land Training 18:00-19:00 Swim 19:00-20:00	CC* 20:00-21:30			CLC 12:00-13:30



These are Lite nominated sessions for swimmers who want to swim reduced hours.

KEY: L@=Leisure@ Cheltenham, DC= Dean Close School, CLC=Cheltenham Ladies College, CC=Cheltenham College