

Mon 30th July - Sun 5th August 2018

	Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
Foundation						7.15 - 8.15am Kings (Invites only)	
			6.30-7.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
Development						7.15-8.15am Kings	
	6.30-7.30pm Kings		7.30-8.30pm Kings		6.05-7.05pm RP		
Preparation 1	6.00-7.30am RP					7.00-8.00am WC	
		5.30-7.00pm ATR	5.30-6.30pm ATR		6.15-7.30pm WC		
Preparation 2	6.00-7.30am RP					7.00-8.00am WC	
		5.30-7.00pm ATR	5.30-6.30pm ATR		6.15-7.30pm WC		5.00 - 6.00pm Kings
Academy			6.00-7.30am RP		6.00-7.30am RP		9.00-11.00am WC
	5.30-7.00pm swim 7.15-8.00pm L/T (inc. stretch) ATR	5.30-7.00pm ATR			5.30-7.00pm ATR		
Aspire			6.00-7.30am RP		6.00-7.30am RP		
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm Swim ATR	7.00-9.00pm ATR		7.00-9.00pm WC	5.30-7.00pm ATR		5.00-6.00pm L/T (inc. stretch) 6.00- 8.00pm Swim RP

	Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
Performance Potential		6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	9.00-10.00am L/T only WC
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm ATR	7.00-9.00pm ATR	7.00-9.00pm ATR		5.30-6.15pm L/T 6.30-9.00pm Pool ATR		
Excel	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
	5.30-7.30pm Swim 7.45-8.30pm L/T ATR	7.00-9.00pm WC	5.30-6.15pm L/T 6.30-9.00pm Swim ATR	7.00-9.00pm WC (Invites Only)	5.30-6.15pm L/T 6.30-9.00pm Pool ATR		
Masters	6.00-7.30am RP	6.00 - 7.30am RP	6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		9.00-10.00am L/T only WC
	8.00-9.00pm WC	8.05-9.05pm RP		8.30-10.00pm RP			
Challenge							9.00-10.00am L/T 10.00-11.00am Pool WC
	8.00-9.00pm WC	8.05-9.05pm RP	8.00-9.00pm RP			6.00-7.30pm WC	
Junior Challenge	7.30-8.30pm Kings		8.00-9.00pm RP			6.00-7.30pm WC	9.00-10.00am WC
Masters Fitness		8.05-9.05pm RP		8.30-10.00pm RP			3.00-4.00pm Kings

RP = Riverpark

Kings = Kings School

WC = Winchester College St Sw = St Swithuns LT = Land Training

ATR - Army Training (St John Moore Barracks)

Mon 6th - Sun 19th August 2018

Foundation	SUMMER CLOSURE						
Development							
Preparation 1							
Preparation 2							
Academy							
Aspire							

Performance Potential							

Excel							

Masters							

Challenge							

Junior Challenge							
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Masters Fitness							
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RP = Riverpark Kings = Kings School WC = Winchester College St Sw = St Swithuns LT = Land Training ATR - Army Training (St John Moore Barracks)

Mon 20th - Sun 26th August 2018

	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
Foundation						7.00-8.00am WC	
					6.05-7.05pm RP		4.00-5.00pm Kings
Development							
	6.30-7.30pm Kings				6.05-7.05pm RP		5.00 - 6.00pm Kings
Preparation 1	6.00-7.30am RP					7.00-8.00am WC	
		5.30-7.00pm ATR	5.30-6.30pm ATR		6.15-7.30pm WC		
Preparation 2	6.00-7.30am RP					7.00-8.00am WC	
		5.30-7.00pm ATR	5.30-6.30pm ATR		6.15-7.30pm WC		5.00 - 6.00pm Kings
Academy			6.00-7.30am RP		6.00-7.30am RP		9.00-11.00am WC
	5.30-7.00pm swim 7.15-8.00pm L/T (inc. stretch) ATR	5.30-7.00pm ATR			5.30-7.00pm ATR		
Aspire			6.00-7.30am RP		6.00-7.30am RP	6.00-8.00am St Sw	
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm Swim ATR	7.00-9.00pm ATR		7.00-9.00pm WC	5.30-7.00pm ATR		

	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
Performance Potential		6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	9.00-10.00am L/T only WC
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm ATR	7.00-9.00pm ATR	7.00-9.00pm ATR		5.30-6.15pm L/T 6.30-9.00pm Pool ATR		
Excel	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
	5.30-7.30pm Swim 7.45-8.30pm L/T ATR		5.30-6.15pm L/T 6.30-9.00pm Swim ATR	7.00-9.00pm WC	5.30-6.15pm L/T 6.30-9.00pm Pool ATR		
Masters	6.00-7.30am RP	6.00 - 7.30am RP	6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		9.00-10.00am L/T only WC
	8.00-9.00pm WC	8.00-9.00pm WC		8.30-10.00pm RP			
Challenge							9.00-10.00am L/T 10.00-11.00am Pool WC
	8.00-9.00pm WC	7.00-8.00pm WC					
Junior Challenge	7.30-8.30pm Kings	7.00-8.00pm WC					9.00-10.00am WC
Masters Fitness		8.00-9.00pm WC		8.30-10.00pm RP			3.00-4.00pm Kings

RP = Riverpark

Kings = Kings School

WC = Winchester College St Sw = St Swithuns LT = Land Training

ATR - Army Training (St John Moore Barracks)

Mon 27th August - Sun 2nd September 2018

	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
Foundation						7.15 - 8.15am Kings (Invites only)	
			6.30-7.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
Development						7.15-8.15am Kings	
			7.30-8.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
Preparation 1	6.00-7.30am RP						
		5.30-7.00pm ATR	5.30-6.30pm ATR				5.00 - 6.00pm Kings
Preparation 2	6.00-7.30am RP						
		5.30-7.00pm ATR	5.30-6.30pm ATR				5.00 - 6.00pm Kings
Academy			6.00-7.30am RP		6.00-7.30am RP		
	5.30-7.00pm swim 7.15-8.00pm L/T (inc. stretch) ATR	5.30-7.00pm ATR	5.30-6.30pm ATR		5.30-7.00pm ATR		
Aspire			6.00-7.30am RP		6.00-7.30am RP	6.00-8.00am St Sw	
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm Swim ATR	7.00-9.00pm ATR			5.30-7.00pm ATR		5.00-6.00pm L/T (inc. stretch) 6.00- 8.00pm Swim RP

	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
Performance Potential		6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm ATR	7.00-9.00pm ATR	7.00-9.00pm ATR		5.30-6.15pm L/T 6.30-9.00pm Pool ATR		
Excel	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
	5.30-7.30pm Swim 7.45-8.30pm L/T ATR	7.00-9.00pm ATR	5.30-6.15pm L/T 6.30-9.00pm Swim ATR		5.30-6.15pm L/T 6.30-9.00pm Pool ATR		
Masters	6.00-7.30am RP	6.00 - 7.30am RP	6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		
		8.05-9.05pm RP	8.00-9.00pm RP	8.30-10.00pm RP			
Challenge							
		8.05-9.05pm RP	8.00-9.00pm RP	8.30-10.00pm RP		6.00-7.00pm Kings	
Junior Challenge		8.05-9.05pm RP	8.00-9.00pm RP			6.00-7.00pm Kings	
Masters Fitness		8.05-9.05pm RP		8.30-10.00pm RP			3.00-4.00pm Kings

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