

TIMETABLE FOR 2018-2019 SEASON - (as at 4th October 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Foundation	7.30-8.30pm Kings		6.30-7.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
						7.15-8.15am Kings	
Development		5.30-6.30pm ATR	7.30-8.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
	6.00-7.30am RP					7.00-8.00am WC	
Preparation 1		6.15-7.30pm ATR	7.00-8.00pm ATR		6.00-7.00pm WC		5.00-6.00pm Kings
	6.00-7.30am RP					7.00-8.00am WC	
Preparation 2		6.15-7.30pm ATR	7.00-8.00pm ATR		6.00-7.00pm WC		5.00-6.00pm Kings
	6.00-7.30am RP					7.00-8.00am WC	
Academy	6.30-7.15pm L/T 7.30-9.00pm Swim ATR	6.15-7.30pm ATR	5.30-7.15pm ATR		6.00-7.30pm WC		10.00-11.00am WC
			6.00-7.30am RP		6.00-7.30am RP		
Aspire	5.30-7.30pm Swim 7.45-8.30pm L/T ATR	7.00-9.00pm WC	7.45-9.00pm ATR	7.00-9.00pm WC	5.30-7.30pm Swim 7.45-8.15pm L/T ATR	6.00-8.00am St Sw	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance Potential		6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP		
	6.30-7.15pm L/T 7.30-9.00pm Swim ATR	7.30-9.00pm ATR	6.45-7.30pm L/T 7.45-9.00pm Swim ATR		6.45-7.15pm L/T 7.30-9.00pm Swim ATR		6.00-8.00pm Swim RP
Excel	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	5.30-7.15pm Swim ATR	7.00-9.00pm WC	5.30-7.30pm Swim 7.45-8.15pm L/T 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		
	8.00-9.00pm WC	8.00-9.00pm RP		8.30-10.00pm RP			
Challenge	8.00-9.00pm WC	8.00-9.00pm RP	8.00-9.00pm RP			6.00-7.30pm WC (until October half term only)	9.00-10.00am WC
Junior Challenge		7.30-8.30pm ATR (until October half term only)	8.00-9.00pm RP			7.15-8.15am Kings	9.00-10.00am WC
Masters Fitness		8.00-9.00pm RP		8.30-10.00pm RP			
	RP = Riverpark	Kings = Kings School	WC = Winchester College	St Sw = St Swithuns	LT = Land Training	ATR - Army Training (St John Moore Barracks)	