

Squad timetable effective September 2009

Waterpolo

Tuesday:	8.15 - 9.45 pm Seniors	Gerry
Thursday:	8.15 - 9.45 pm Juniors/Ladies	Gerry
Friday:	5.15 - 6.05 pm Juniors	Gerry
Sunday:	8.30 - 9.30 pm Seniors	Gerry

Sharks

Sunday:	6.00 - 7.00 20m pool	Tony/Zoe	Total: 1hr
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Development 2

Monday:	6.15 - 7.00 pm	Ian/Tom/Patryk/Steph	Total: 45 mins
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Development 1

Friday:	6.15 - 7.15 pm	Iain/Tom/Patryk/Andy	Total: 1 hr
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Development 1+

Friday:	6.15 - 7.15 pm	Iain/Tom/Patryk/Andy	Total: 2 hrs
Saturday:	8.30 - 9.30 am	Iain	

Academy

Monday:	5.15 - 6.15 pm	Steve	
Thursday:	7.15 - 8.15 pm	Steve	
Saturday:	9.00 - 10.00 am	Steve	Total: 3 hrs

Young Achievers

Monday:	7.00 - 8.00 pm	Lu	
Wednesday:	7.15 - 8.15 pm	Lu	
Friday:	7.00 - 8.00 pm Tadley	Colin W	
Saturday:	8.00 - 9.00 am Town centre	Lu	Total: 4 hrs

Age Group

Monday:	7.00 - 8.00 pm	Tom/Brendan (from?....)	
Wednesday:	7.15 - 8.15 pm	Colin D	
Thursday:	7.15 - 8.15 pm	Colin D	
Friday:	7.00 - 8.00 pm Tadley	Colin D	
Saturday:	8.00 - 9.00 am Town centre	Colin D	Total: 5 hrs

Junior Performance

Monday:	7.00 - 8.30 pm Town centre	David	
Tuesday:	5.15 - 7.15 pm	David	
Wednesday:	6.00 - 7.30 am	David	
Thursday:	5.15 - 7.15 pm	David	
Saturday:	7.00 - 9.00 am	David	
	9.00 - 10.00 am Land Training		
Sunday:	5.30 - 7.30 pm	David	Total: 11 hrs

Performance

Monday:	6.00 - 7.30 am	Graeme	
Tuesday:	6.00 - 7.30 am	Graeme	
	5.15 - 7.15 pm	Graeme	
	7.30 - 8.30 pm Land Training	Graeme	
Wednesday:	5.15 - 7.15 pm	Graeme	
Thursday:	6.00 - 7.30 am	Graeme	
	5.15 - 7.15 pm	Graeme	
Friday:	7.00 - 9.00 pm Town Centre	Graeme	
Saturday:	8.00 - 10.00 am Aldershot	Graeme	
Sunday:	5.30 - 7.30 pm	Graeme	Total: 16 hre

County

Monday:	8.00 - 9.00 pm	Brendan/Andy	
Tuesday:	7.15 - 8.15 pm	David/Andy	
Wednesday:	7.00 - 8.00 pm Town Centre	Brendan/Andy	
Friday:	7.15 - 8.15 pm	Brendan/Andy	
Saturday:	10.00 - 11.00 pm Land training		Total: 5 hrs
Sunday:	4.30 - 5.30 pm	Brendan/Andy	

Masters

Monday:	9.00 - 10.00 pm	Neil	
Wednesday:	8.15 - 9.15 pm	Neil	
Friday:	8.15 - 9.15 pm	Neil	
Sunday:	7.30 - 8.30 pm	Neil	Total: 4 hrs

(Masters can swim 4 times a week, Swimfit masters can swim a maximum of 5 times a month)

Squad timetable effective September 2008

Basingstoke Bluefins Swimming Squads 2008

Academy

Monday: 5.15 - 6.00 pm
Thursday: 7.15 - 8.15 pm
Saturday: 9.00 - 10.00 am

Young Achievers

Monday: 6.45 - 7.30 pm
Wednesday: 7.15 - 8.15 pm
Friday: 7.00 - 8.00 pm Tadley
Saturday: 8.00 - 9.00 am Town centre

County

Monday: 7.30 - 9.00 pm
Tuesday: 7.15 - 8.15 pm
Wednesday: 7.00 - 8.00 pm Town Centre
Friday: 7.15 - 8.15 pm
Saturday: 10.00 - 11.00 pm land training

Junior Performance

Monday: 7.00 - 8.30 pm Town centre
Tuesday: 5.15 - 7.15 pm
Wednesday: 6.00 - 7.30 am
Thursday: 5.15 - 7.15 pm
Saturday: 7.00 - 9.00 am
Sunday: 5.30 - 7.30 pm

Development 1

Friday: 6.15 - 7.15 pm

Development 2

Monday: 6.00 - 6.45 pm

Performance

Monday: 6.00 - 7.30 am
Tuesday: 6.00 - 7.30 am
5.15 - 7.15 pm
Wednesday: 5.15 - 7.15 pm
Thursday: 6.00 - 7.30 am
5.15 - 7.15 pm
Friday: 7.30 - 9.00 pm Town Centre
Saturday: 8.00 - 10.00 am Aldershot
Sunday: 4.00 - 5.00 pm land training
5.30 - 7.30 pm

Age Group

Monday: 6.45 - 7.30 pm
Wednesday: 7.15 - 8.15 pm
Thursday: 7.15 - 8.15 pm
Friday: 7.00 - 8.00 pm Tadley
Saturday: 8.00 - 9.00 am Town centre

Masters

Monday: 9.00 - 10.00 pm
Wednesday: 8.15 - 9.15 pm
Friday: 8.15 - 9.15 pm
Sunday: 7.30 - 8.30 pm
(Masters can swim 4 times a week, Swimfit masters can swim a maximum of 5 times a month)

Sharks

Sunday: 6.00 - 7.00 20m pool

Waterpolo

Tuesday: 8.15 - 9.15 pm Seniors
Thursday: 8.15 - 9.15 pm Juniors/Ladies
Friday: 5.15 - 6.05 pm Juniors
Sunday: 8.30 - 9.30 pm Seniors

