

Squad	Monday	Tuesday	Wednesday	Thursday	Friday
'A' Squad	6 – 8am _(Q)	6 – 8am _(Q)	6 – 8am _(Q)	6 – 8am _(Q)	6 – 8am _(Q)
	6 – 8pm _(SS)	5.45 – 6.45pm LT	6 – 7pm _(P)		7 – 9pm _(P)
		7 – 8pm _(Q)			
'B1' Squad			6 – 8am _(Q)	6 – 8am _(Q)	
	6 – 8 pm _(SS)			6 – 7pm _(Q)	6 – 7pm _(P)
'B2' Squad		6 – 8 am _(Q)		6 – 8 am _(Q)	
			6.30 – 8pm _(SS)	6 – 7pm _(Q)	6 – 7pm _(P)
'C' Squad		6 – 7.30am _(Q)			6 – 7.30am _(Q)
			6.30 – 7.30pm _(SS)	6 – 7pm _(C)	
Masters	6 – 8am _(Q)			6 – 8am _(Q)	

(SS) – Shrewsbury School. All other sessions are at the Quarry Centre (Q) - Quarry Pool, (P) – Priory Pool, (C) – Claremont Pool