



OADBY AND WIGSTON SWIMMING CLUB

TRAINING TIMETABLE 2025/26

Squad	Youth Performance	County Performance	Fitness	Competitive Development	Skills Development	Masters	Aquanauts
Monday	7pm-8pm Land Based						
Tuesday	8pm - 10pm	9pm - 10pm	9pm - 10pm	8pm - 9pm	SD Silver: 8pm - 9pm SD Gold: 8pm - 9pm	8pm - 9pm	
Wednesday							
Thursday	7pm - 8pm Additional Session	7pm - 8pm Additional Session		7pm - 8pm Additional Session	7pm - 8pm Additional Session SD Silver upward	7pm - 8pm Additional Session	
Friday	8pm - 10pm	8pm - 10pm	7pm - 8pm	8pm - 10pm	SD Bronze: 7pm - 8pm SD Silver: 7pm - 8pm SD Gold: 7:15pm - 8:45pm	8pm - 9pm	AQ 1: 7pm-7:30pm AQ 2: 7:30pm-8pm
Saturday							
Sunday	4:15pm - 6:15pm	4:15pm - 6:15pm		4:15pm - 5:45pm	SD B: 4:15pm - 5:15pm SD S: 4:15pm - 5:15pm SD G: 5:15pm - 6:15pm	Master Technique Drop in: 5:45pm - 6:15pm	AQ1: 5:15pm-5:45pm AQ2: 5:45pm-6:15pm

Key	Wigston Pool and Fitness Centre
	South Wigston High School