



OADBY AND WIGSTON SWIMMING CLUB

TRAINING TIMETABLE 2026/27

Squad	Senior Performance	Masters and Fitness	Competitive Development	Skills Development			Aquanauts	
				Bronze	Silver	Gold	AQ1	AQ2
Monday								
Tuesday	8pm - 10pm	9pm - 10pm	8pm - 9:15pm		8pm - 9pm	8pm - 9:15pm		
Wednesday								
Thursday								
Friday	8pm - 10pm	8:30pm - 9:30pm	8pm - 9:15pm	7pm - 8pm	7pm - 8pm	7:15pm - 8:30pm	7pm - 7:30pm	7:15pm - 8pm
Saturday								
Sunday	4:15pm - 6:15pm		4:15pm - 6:15pm	4:15pm - 5:15pm	4:15pm - 5:15pm	5:15pm - 6:15pm	5:45pm - 6:15pm	5:15pm - 5:45pm