



NORTH CORNWALL DRAGONS TIMETABLE 2024-2025



SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEVELOPMENT 1 x Swim Required 2 x Swims Available			BODMIN 6.30pm – 7.30pm		WADEBRIDGE 5.00pm – 6.00pm
INTERMEDIATE 2 x Swim Required 3 x Swims Available	WADEBRIDGE 4.30pm – 5.30pm		BODMIN 6.30pm – 7.30pm	BODMIN 6.00pm – 7.00pm	
COUNTY 3 x Swim Required 6 x Swims Available	WADEBRIDGE 5.30pm – 7.00pm	WADEBRIDGE *6.00am – 7.30am	BODMIN *6.30am – 8.00am 7.30pm – 9.00pm	WADEBRIDGE *6.00am – 7.30am	WADEBRIDGE 6.00pm – 8.00pm
COUNTY+ 3 x Swim Required 7 x Swims Available	WADEBRIDGE 5.30pm – 7.00pm	WADEBRIDGE 6.00am – 7.30am	BODMIN 6.30am – 8.00am 7.30pm – 9.00pm	WADEBRIDGE 6.00am – 7.30am BODMIN *7.00pm – 9.00pm	WADEBRIDGE 6.00pm – 8.00pm
REGIONAL 5 x Swim Required 7 x Swims Available	WADEBRIDGE 5.30pm – 7.00pm	WADEBRIDGE 6.00am – 7.30am	BODMIN 6.30am – 8.00am 7.30pm – 9.00pm	WADEBRIDGE 6.00am – 7.30am BODMIN *7.00pm – 9.00pm	WADEBRIDGE 6.00pm – 8.00pm
FITNESS +		WADEBRIDGE 6.00am – 7.30am	BODMIN 7.30pm – 9.00pm	WADEBRIDGE 6.00am – 7.30am	
MASTERS		WADEBRIDGE 6.00am – 7.30am		WADEBRIDGE 6.00am – 7.30am	WADEBRIDGE 6.00pm – 8.00pm

*COUNTY TRAINING: INVITE ONLY, AM Sessions & Thursday PM

*COUNTY+ TRAINING: INVITE ONLY, Thursday PM

*REGIONAL TRAINING: INVITE ONLY, Thursday PM

LAND TRAINING: INVITE ONLY, Monday 4.30pm – 5.15pm @ Wade S&LC