Session Timetable as at 1st September 2021

Performance

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| Day | Pool | Timings |
| Monday AM | Pyramids | Pre pool 05:15 - 05:30Swim 05:30 - 07:15 |
| Monday PM | Pyramids | Pre- pool 18:15 – 18:30Swim 18:30 – 20:30 |
| Tuesday PM  | Pyramids | Pre- pool 18:10 – 18:30Swim 18:30 – 20:30 |
| Wednesday PM | Riverside | Land training 17:30 – 18:30Swim 18:30 – 20:30 |
| Thursday PM | Pyramids | Pre pool 18:10 – 18:30Swim 18:30 – 20:30 |
| Friday AM | Pyramids | Pre pool 05:15 – 05:30Swim 05:30 – 07:15 |
| Friday PM | Riverside | Land training 17:00 – 18:00Swim 18:00 – 20:00 |
| Sunday PM | Mount Kelly | Pre pool 15:45Swim 16:00 – 18:00 |

Junior Performance

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| Day | Pool | Timings |
| Monday PM | Exeter School | Land Training 18:30 – 19:20Swim 19:30 – 21:30 |
| Wednesday PM | Exeter School | Pre pool 17:40 – 18:00Swim 18:00 – 20:00 |
| Thursday PM | Tiverton | Pre pool 18:10 – 18:30Swim 18:30 – 20:00 |
| Friday PM | Exeter School | Pre pool 18:10 – 18:30Swim 18:30 – 20:00 |
| Sunday PM | Mount Kelly | Pre pool 15:45Swim 16:00 – 18:00 |

Senior/Junior Training & Comp

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| Day | Pool | Timings |
| Wednesday PM | Exeter School | Pre- pool 19:40 – 20:00Swim 20:00 – 21:30 |
| Thursday PM | Exeter School | Pre- pool 20:10 – 20:30Swim 20:30 – 21:30  |
| Friday PM | Exeter School | Pre- pool 20:10 – 20:00Swim 20:00 – 21:30 |
| Sunday AM | Exeter School | Pre pool 15:40 – 16:00Swim 16:00 – 18:00 |

Junior Development

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| Day | Pool | Timings |
| Monday PM | Exeter School | Pre pool 17:40 – 18:00Swim 18:00 – 19:30 |
| Tuesday PM  | Exeter School | Land training 18:05 – 18:50Swim 19:00 – 20:15 |
| Thursday PM | Exeter School | Pre pool 18:55 – 19:15Swim 19:15 – 20:30 |
| Saturday AM | Pyramids | Pre pool 05:40 – 06:00Swim 06:00 – 08:00 |
| Sunday PM | Mount Kelly | Pre pool 15:45Swim 16:00 – 18:00 |

Competitive Development

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| Day | Pool | Timings |
| Tuesday PM  | Exeter School | Pre pool 17:40 – 18:00Swim 18:00 -19:00 |
| Thursday PM | Exeter School | Pre pool 17:40 – 18:00Swim 18:00 – 19:15 |
| Saturday AM | Pyramids | Pre pool 05:40 – 06:00Swim 06:00 – 08:00 |
| Sunday PM | Riverside | Pre pool 16:15 – 16:30Swim 16:30 – 18:30 |

Learn to Compete

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| Day | Pool | Timings |
| Wednesday PM | WESC | Swim 19:30 – 20:30 |
| Sunday PM | Riverside | Pre pool 16:15 – 16:30Swim 16:30 – 18:30 |

Learn to Train

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| Day | Pool | Timings |
| Friday PM | WESC | Swim 19:30 – 21:00 |
| Sunday PM | Exeter School | Swim 15:00 – 16:00 |

Masters Squad

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| Day | Pool | Timings |
| Tuesday PM | Exeter School | Swim 20:15 – 21:30 |
| Sunday PM | Exeter School | Swim 18:00 – 19:30 |