

# Maxwell Training Timetable (Aylesbury Base)

## Friday 22<sup>nd</sup> to Saturday 30<sup>th</sup> October Inclusive

### Friday 22<sup>nd</sup> October

Morning Session	AS NORMAL – ALL SWIM CAMP SWIMMERS MUST ATTEND		Kevin & Bill
6:00 to 7:00 PM	Gold Academy	Aqua Vale	Alan & HM
6:00 to 8:00 PM	Regional Age & Regional Youth Squads	Aqua Vale	Bill
7:00 to 8:00 PM	Platinum Academy	Aqua Vale	Alan & HM
7:30 to 9:00 PM	County Age	Aqua Vale	Steve
7:30 to 9:00 PM	County Youth	Aqua Vale	Sarah

### Saturday 23<sup>rd</sup> October

5:30 to 8:00 AM	Regional Youth, Regional Age, County Youth	Aqua Vale	Bill
6:30 to 8:00 AM	Skill Development	Aqua Vale	Craig

*(Land Training is on 8:15 to 9:00 AM for ALL)*

### Sunday 24<sup>th</sup> October

4:30 to 6:30 PM	Regional Age & Regional Youth	Aqua Vale	Bill
4:30 to 6:30 PM	County Youth (Extra Session)	Aqua Vale	Bill
6:30 to 8:00 PM	County Age	Aqua Vale	Steve
6:30 to 8:00 PM	Skill Development	Aqua Vale	Alan

### Monday 25<sup>th</sup> October

6:00 to 7:30 PM	Platinum Academy	Aqua Vale	Alan
6:30 to 7:30 PM	Silver Academy	Stadium	Steve & Ben
6:30 to 7:30 PM	Skill Development	Stadium	Bill
7:30 to 9:00 PM	Regional Age	Stadium	Bill
7:30 to 9:00 PM	County Youth (Extra session)	Stadium	Sarah

### Tuesday 26<sup>th</sup> October

Morning Training	AS NORMAL	Aqua Vale	Neil
7:00 to 8:00 PM	Skill Development	Aqua Vale	Steve
7:00 to 9:00 PM	Regional Age & Regional Youth	Aqua Vale	Bill
8:00 to 9:00 PM	County Age	Aqua Vale	Steve

### Wednesday 27<sup>th</sup> October

Morning Session	**** CANCELLED ****		
5:30 to 6:30 PM	Gold Academy	Grammar School	Alan & Craig
5:30 to 6:30 PM	Platinum Academy	Grammar School	Alan & Craig
6:30 to 7:30 PM	Silver Academy	Stadium	Steve, Hollie & Ben
7:30 to 9:00 PM	County Youth & Regional Youth	Aqua Vale	Sarah
7:30 to 9:00 PM	Skill Development	Aqua Vale	Steve

## Thursday 28<sup>th</sup> October

Morning Session	AS NORMAL (Age Group Squads)	Aqua Vale	Neil
6:00 to 8:00 PM	County Youth	Green Park	Sarah

## Friday 29<sup>th</sup> October

Morning Session	AS NORMAL	Aqua Vale	Bill
6:00 to 7:00 PM	Gold Academy	Aqua Vale	Alan & HM
6:00 to 8:00 PM	Regional Age & Regional Youth Squads	Aqua Vale	Bill
7:00 to 8:00 PM	Platinum Academy	Aqua Vale	Alan & HM
7:30 to 9:00 PM	County Age (includes usual land work)	Aqua Vale	Steve
7:30 to 9:00 PM	County Youth (includes usual land work)	Aqua Vale	Bill

## Saturday 30<sup>th</sup> AM

5:30 to 8:00 AM	Regional Youth, Regional Age, County Youth	Aqua Vale	Bill
6:30 to 8:00 AM	Skill Development	Aqua Vale	Craig

*(Land Training is on 8:15 to 9:00 AM for ALL)*

## SUNDAY 31<sup>ST</sup> OCTOBER BACK TO NORMAL