

DSC Pool Times March 2020 V1.0

Academy 1			
Friday	Dunstable Centre (small pool)	18.30 – 19.00	
Academy 2			
Monday	Houghton	18.30 – 19.15	Pick 2 of the 4 sessions
Wednesday	Dunstable Centre (small pool)	19.00 – 19.30	
Thursday	Houghton	18.30 – 19.15	
Sunday	Houghton	08.00 – 08.45	
Academy 3			
Monday	Houghton	19.15 – 20.00	Pick 2 of the 4 sessions
Wednesday	Dunstable Centre (small pool)	19.30 – 20.00	
Thursday	Houghton	19.15 – 20.00	
Sunday	Houghton	08.45 – 09.30	
Development			
Tuesday	Dunstable Centre	19.00 – 20.00	*Compulsory Pick 1 other
Wednesday	Dunstable Centre	20.00 – 20.45*	
Friday	Dunstable Centre	19.00 – 19.45	
Sunday	St Albans	09.00 – 10.00*	
Transition			
Tuesday	Dunstable Centre	19.00 – 20.00	
Wednesday	Dunstable Centre	20.00 – 20.45	
Friday	Dunstable Centre	19.00 – 19.45	
Sunday	St Albans	09.00 – 10.00	
Competition BagCat			
Tuesday	Dunstable Centre	20.00 – 21.00	
Wednesday	Dunstable Centre	20.45 – 21.45	
Friday	Dunstable Centre	19.45 – 21.00	
Sunday	St Albans	10.00 – 12.00	
Sprint 1 & 2			
Tuesday	Dunstable Centre	20.00 – 21.00	
Wednesday	Dunstable Centre	20.45 – 21.45	
Thursday	Dunstable Centre	19.00 – 21.00	
Friday	Dunstable Centre	19.45 – 21.00	
Sunday	St Albans	10.00 – 12.00	
Sprint 3			
Monday	Dunstable Centre	19.00 – 21.00	
Tuesday	Dunstable Centre	20.00 – 21.00	
Wednesday	Dunstable Centre	20.00 – 21.45	
Thursday	Dunstable Centre	19.00 – 21.00	
Friday	Dunstable Centre	19.45 – 21.00	
Sunday	St Albans	10.00 – 12.00	
Performance			
Monday	Dunstable Centre	19.00 – 21.00	
Tuesday	Dunstable Centre	19.00 – 21.00	
Wednesday	Dunstable Centre	20.00 – 21.45	
Thursday	Dunstable Centre	19.00 – 21.00	
Friday	Dunstable Centre	19.00 – 21.00	
Sunday	St Albans	10.00 – 12.00	

Performance	Sprint 2 & 3	Sprint 1 & Comp Bagcat
4 th Jan	11 th Jan	18 th Jan
8 th Feb	15 th Feb	22 nd Feb
29 th Feb	7 th March	28 th March
4 th April	11 th April	25 th April
9 th May	16 th May	23 rd May

Inspire 50m Pool Rotation calendar
 Saturdays 9am – 10am
 Dates are subject to change due to
 Gala bookings at Inspire.

