



Academy 1			
Monday	Houghton	18:30 till 19:15	45 mins
Sunday	Houghton	08:00 till 08.45	45 mins
		Total	1hr 30 mins
Academy 2			
Monday	Houghton	19:15 till 20.00	45 mins
Sunday	Houghton	08:45 till 09:30	45 mins
		Total	1hr 30 mins
Development			
Wednesday	Aylesbury (AGS)	19.15 till 20.00	45 mins
Thursday	Houghton	18:00 till 18:45	45 mins
Friday	Flitwick	19.00 till 20.00	1 hour
Sunday	St Albans	09:00 till 10:00	1 hour
		Total	3hrs 30 mins
Transition			
Wednesday	Aylesbury (AGS)	19.15 till 20.00	45 mins
Thursday	Houghton	18.45 till 19.30	45 mins
Friday	Flitwick	20.00 till 21.15	1hr 15 mins
Sunday	St Albans	09.00 till 10.00	1 hour
		Total	3hrs 45 mins
Competition Bagcat			
Tuesday	Flitwick	19.00 till 20.00	1 hour
Wednesday	Aylesbury (AGS)	20.00 till 21.30	1hr 30 mins
Saturday	Luton	09:00 till 10.00	1 hour
Sunday	St Albans	10:00 till 12.00	2 hours
		Total	5hrs 30 mins
Sprint 1			
Tuesday	Leon School	20:30 till 21:45	1hr 15 mins
Wednesday	Aylesbury (AGS)	20.00 till 21.30	1hr 30 mins
Friday	Flitwick	19:00 till 21.15	2hrs 15 mins
Saturday	Luton	09:00 till 10.00	1 hour
Sunday	St Albans	10:00 till 12.00	2 hours
		Total	8hrs
Sprint 2 & 3			
Tuesday	Leon School	20:30 till 21:45	1hr 15 mins
Wednesday	Aylesbury (AGS)	20.00 till 21.30	1hr 30 mins
Thursday	Lealands	19.30 till 21.15	1hr 45 mins
Friday	Flitwick	19:00 till 21.15	2hrs 15 mins
Sunday	St Albans	10:00 till 12.00	2 hours
		Total	8hrs 45 mins
Performance			
Tuesday	Leon School	20:30 till 21:45	1hr 15 mins
Wednesday	Aylesbury (AGS)	20.00 till 21.30	1hr 30 mins
Thursday	Lealands	19.30 till 21.15	1hr 45 mins
Friday	Flitwick	19:00 till 21.15	2hrs 15 mins
Sunday	St Albans	10.00 till 12.00	2 hours
		Total	8hrs 45 mins



Land Training	Age group As at 31 st Dec 2018	Times	Venue	Cost
Monday	11 – 13	18.30 -19.15	Hadrian Academy school Dunstable	£2.50 per session
Monday	14 +	19.15 – 20.15	Hadrian Academy School Dunstable	£2.50 per session

Important information	
Development squad	3 out of 4 to be selected: Sunday Morning at St Albans is mandatory, and swimmers can pick 2 additional sessions from the other 3 available.

Addresses:

Pool name	Address
Lealands	Lealands High School Sundon Park Road Luton LU3 3AL
Houghton	Houghton Leisure Centre Parkside Drive, Houghton Regis, Bedfordshire LU5 5PY
Aylesbury (AGS)	Aylesbury Grammar School, Walton Road, Aylesbury, Bucks HP21 7RP
Flitwick	Flitwick Leisure centre Steppingley Road, Flitwick, Beds, MK45 1TH
Leon	Sir Herbert Leon Fern Grove, Bletchley, Milton Keynes MK2 3HQ
Luton	Luton Inspire Butterfield Green Rd, Luton LU2 8DD
St Albans	St Albans School Abbey Gateway, St Albans, Herts AL3 4HB
Hadrian Academy – Land Training only	Hadrian Ave, Dunstable LU5 4SR