

XMAS TRAINING 2024

Spectrum Teaching Pool Only			Spectrum Competition Pool Slot System Squads Only		
	Last training session	Return to training		Last training session	Return to training
Otters / PC Bronze	Friday 13 December	Monday 6 January	Jr CDS	Friday 20 December	Friday 3 January
Frogs	Friday 13 December	Monday 6 January	Sr CDS	Sunday 22 December	Friday 3 January
Tadpoles	Friday 13 December	Monday 6 January	PC Bronze	Sunday 22 December	Saturday 4 January
			Dolphins	Sunday 22 December	Sunday 5 January

All Competition Pool Squads

		Sr Perf	Jr Perf	Sr Nats	AG Nats	Jr Nats	Regs	Jr Surrey	PC GOLD	PC SILVER	Masters	Jr CDS	Sr CDS	PC BRONZE	Dolphins Otters Frogs Tadpoles
December															
Mon	23			Note 3				Note 2	Note 2	Note 2					
Tues	24														
Weds	25														
Thurs	26														
Fri	27			Note 4			Note 1		Note 1	Note 1					
Sat	28														
Sun	29														
Mon	30														
Tues	31														
January															
Weds	1														
Thurs	2														

- = Training as normal
- = No training or training cancelled
- = Training adjustment

- Note 1 Jr Surrey + Regs + PC Gold + PC Silver @ Spectrum 1830 to 2030
- Note 2 Regs + Jr Surrey + PC Gold + PC Silver Spectrum 1830 to 2030
- Note 3 Sr Nats @ SSP 1700 to 1900
- Note 4 Sr Nats @ SSP 1900 to 2100

Xmas Pools Closures

Spectrum Teaching Pool	Monday 16 December to Friday 3 January
Spectrum Comp Pool - Xmas Period	Tuesday 24 December to Thursday 26 December
Spectrum Comp Pool - New Years Period	Saturday 28 December to Wednesday 1 January
Charterhouse School	Monday 23 December to Wednesday 1 January
Aldershot Garrison	Wednesday 25 December to Wednesday 1 January
SSP - Xmas Period	Tuesday 24 December to Thursday 26 December
SSP - New Years Period	Monday 30 December to Wednesday 1 January
Guildford High	Wednesday 4 December to Sunday 12 January
Notre Dame	Thursday 5 December to Tuesday 14 January
St Catrherines	Monday 9 December to 11 January

Events Leading up to Xmas

Winter SC Nationals	5 to 8 December
Hart Xmas OM + GCSC L4 Distance Meet	8 December
Arena League Round 3	14 December
Hillingdon L3 OM	21 to 22 December

SPRING 2025 TERM DATES

High Performance	2 January to 31 March
Team Surrey	
Performance Squad	2 January to 31 March
BUCS Competitive Squad	2 January to 31 March
Transition Squads	
Regional Squad	2 January to 31 March
Jr Surrey Squad	2 January to 31 March
Jr CDS	2 January to 31 March
Sr CDS	2 January to 31 March
Masters	2 January to 31 March

Academy Spectrum

Pre Competitive GOLD	2 January to 31 March
Pre Competitive SILVER	2 January to 31 March
Pre Competitive BRONZE	2 January to 31 March

Teaching Pool Swimmers:

Tadpoles	2 January to 31 March
Frogs	2 January to 31 March
Otters	2 January to 31 March

Spectrum Dolphins	2 January to 31 March
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Academy Satellites

Guildford High - Mondays	13 January to 24 March (except 17 February)
Guildford High - Tuesdays	14 January to 25 March (except 18 February)
Notre Dame	15 January to 26 March (except 19 February)
St Catherine's	12 January to 23 March (except 16 February)