



| | | Academy 2 | Academy 1 | County Junior 2 | County Junior 1 | County Plus 2 | County Plus 1 | Performance 3 | Performance 2 | Performance 1 | Performance 1A | Masters |
|--------------------|---------------|-------------|------------|-----------------|-----------------|---------------|---------------|---------------|---------------|---------------|----------------|------------|
| Monday | | No Swimming | | | | | | | | | | |
| | | No Swimming | | | | | | | | | | |
| Tuesday | 06:00 - 06:30 | | | | | | | | | | | |
| | 06:30 - 07:00 | | | | | | | | | | | |
| | 07:00 - 07:30 | | | | | | | | | | | |
| | 07:30 - 08:00 | | | | | | | | | | | |
| | 17:00 - 17:30 | | | | | | | | | | | |
| | 17:30 - 18:00 | | | | | | | | | | | |
| | 18:00 - 18:30 | | | | | | | | | | | |
| | 18:30 - 19:00 | | | | | | | | | | | |
| | 19:00 - 19:30 | | | | | | | | | | | |
| | 19:30 - 20:00 | | | | | | | | | | | |
| 20:00 - 20:30 | | | | | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | | | | | |
| Wednesday | 06:00 - 06:30 | | | | | | | | | | | |
| | 06:30 - 07:00 | | | | | | | | | | | |
| | 07:00 - 07:30 | | | | | | | | | | | |
| | 07:30 - 08:00 | | | | | | | | | | | |
| | 17:00 - 17:30 | | | | | | | | | | | |
| | 17:30 - 18:00 | | | | | | | | | | | |
| | 18:00 - 18:30 | | | | | | | | | | | |
| | 18:30 - 19:00 | | | | | | | | | | | |
| | 19:00 - 19:30 | | | | | | | | | | | |
| | 19:30 - 20:00 | | | | | | | | | | | |
| 20:00 - 20:30 | | | | | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | | | | | |
| Thursday | 06:00 - 06:30 | | | | | | | | | | | |
| | 06:30 - 07:00 | | | | | | | | | | | |
| | 07:00 - 07:30 | | | | | | | | | | | |
| | 07:30 - 08:00 | | | | | | | | | | | |
| | | No Swimming | | | | | | | | | | |
| Friday | 06:00 - 06:30 | | | | | | | | | | | |
| | 06:30 - 07:00 | | | | | | | | | | | |
| | 07:00 - 07:30 | | | | | | | | | | | |
| | 07:30 - 08:00 | | | | | | | | | | | |
| | 17:00 - 17:30 | | | | | | | | | | | |
| | 17:30 - 18:00 | | | | | | | | | | | |
| | 18:00 - 18:30 | | | | | | | | | | | |
| | 18:30 - 19:00 | | | | | | | | | | | |
| | 19:00 - 19:30 | | | | | | | | | | | |
| | 19:30 - 20:00 | | | | | | | | | | | |
| 20:00 - 20:30 | | | | | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | | | | | |
| Saturday | 06:00 - 06:30 | | | | | | | | | | | |
| | 06:30 - 07:00 | | | | | | | | | | | |
| | 07:00 - 07:30 | | | | | | | | | | | |
| | 07:30 - 08:00 | | | | | | | | | | | |
| | | No Swimming | | | | | | | | | | |
| Sunday | | No Swimming | | | | | | | | | | |
| | 17:00 - 17:30 | | | | | | | | | | | |
| | 17:30 - 18:00 | | | | | | | | | | | |
| | 18:00 - 18:30 | | | | | | | | | | | |
| | 18:30 - 19:00 | | | | | | | | | | | |
| | 19:00 - 19:30 | | | | | | | | | | | |
| | 19:30 - 20:00 | | | | | | | | | | | |
| | 20:00 - 20:30 | | | | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | | | | | |
| Total hours | | 2 | 3.5 | 4.5 | 6 | 6 | 7.5 | 8.5 | 11 | 13 | 15 | 3.5 |