

**BECKENHAM SWIMMING CLUB TRAINING PROGRAMME  
FROM SEPTEMBER 1 2010**

<b>Tadpoles</b>	Friday	The Spa Training Pool	7.00-7.30pm
<b>Development 1</b>	Friday	The Spa Training Pool	7.30-8.30pm
<b>Development 2</b>	Monday Wednesday	The Spa Training Pool The Spa Training Pool	7.00-8.00pm 7.00-8.00pm
<b>White 1</b>	Sunday	Trinity School Pool	2.00-3.00pm
<b>White 2</b>	Sunday	Trinity School Pool	3.00-4.00pm
<b>Blue Squad</b>	Tuesday Friday	Trinity School Pool The Spa Main Pool	5.30-6.30pm 5.30-6.30pm
<b>Bronze Squad</b>	Monday Tuesday Friday	The Spa Main Pool Trinity School Pool The Spa Main Pool	6.00-7.00pm 5.30-6.30pm 7.30-8.30pm
<b>Silver Squad</b>	Tuesday Wednesday Friday Saturday	Alleyn's Pool Dulwich College Prep The Spa Main Pool The Spa Main Pool	7.00-8.30pm 6.00-7.00pm 6.30-7.30pm 7.00-8.00am
<b>Club Squad</b>	Monday Wednesday Thursday	The Spa Main Pool The Spa Training Pool The Spa Main Pool	8.00-9.00pm 8.00-9.00pm 7.30-9.00pm
<b>Gold Squad</b>	Monday Wednesday Thursday Friday Saturday	The Spa Main Pool The Spa Main Pool St. Joseph's Dulwich College Prep Dulwich College Pool	7.00-8.00pm 5.00-6.00pm 5.00-6.45pm 5.15-7.15pm 7.00am-9.00am
<b>Platinum Squad</b>	Monday Wednesday Thursday	The Spa Main Pool The Spa Main Pool St. Joseph's	8.00-9.00pm 8.00-9.00pm 5.00-6.45pm
<b>Top Squad</b>	Monday Monday Tuesday Wednesday Wednesday Thursday  Friday Friday Saturday	The Spa Main Pool The Spa Main Pool <b>Biggin Hill Pool</b> The Spa Main Pool The Spa Main Pool Trinity School  The Spa Main Pool Bromley High School The Spa Main Pool	6.15-8.00am 6.00-8.00pm <b>5.30pm-7.30pm</b> 6.15-8.00am 6.00-8.00pm 5.30-6.30pm land training;6.30-8.30pm  6.15-8.00am 5.00-7.00pm 7.00-9.00am 9am-10am land training

## **Where are the pools?**

**The Spa**, The Spa at Beckenham, 24 Beckenham Road, Beckenham, Kent, BR3 3PF

**Trinity School**, Shirley Park, Croydon, CR9 7AT

**Alleyn's School**, Townley Road, Dulwich, SE22 8SU

**Dulwich College Prep School**, 42 Alleyn Park, London SE21 7AA – Use gate to the right of the main entrance and follow round to back of school. The pool is on the right-hand side.

**St. Joseph's College**, Beulah Hill, London, SE19 3HL

**Dulwich College Sports Centre**, Pond Cottages, Dulwich, London SE21 7LD

**Bromley High School**, Blackbrook Lane, Bickley, Bromley, Kent BR1 2TW

**Biggin Hill Pool**, Church Road, Biggin Hill, Bromley, Kent TN16 3LB