

January

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 NO TRAINING (Christmas Holiday)	1 NO TRAINING (Christmas Holiday)	2 NO LAND TRAINING (Christmas Holiday)	3 NO TRAINING (Christmas Holiday)	4 NO TRAINING (Christmas Holiday)	5 NO TRAINING (Christmas Holiday)	6 Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
7 Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	8	9 Open Land Training	10 Grade Training	11	12 Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	13 Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
14 Development Swim Performance Land Mini Elite Swim Development Land Performance Swim London Grade Day	15	16 Open Land Training	17 Grade Training	18	19 Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	20 Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
21 Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	22	23 Open Land Training	24 Grade Training	25	26 Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	27 Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
28 Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	29	30 Open Land Training	31 Grade Training	1	2	3

February

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
					Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
4	5	6	7	8	9	10
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
11	12	13	14	15	16	17
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	NO TRAINING (Half Term)	NO TRAINING (Half Term)	NO TRAINING (Half Term)	NO TRAINING (Half Term)	NO TRAINING (Half Term)	NO TRAINING (Half Term)
18	19	20	21	22	23	24
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
25	26	27	28	29	1	2
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training			

March

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
					Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
3	4	5	6	7	8	9
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet National Age Groups Competition
10	11	12	13	14	15	16
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim National Age Groups Competition		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
17	18	19	20	21	22	23
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
24	25	26	27	28	29	30
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training	NO TRAINING (Easter Holiday)	NO LAND TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)

April

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	NO TRAINING (Easter Holiday)	NO LAND TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)
7	8	9	10	11	12	13
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	NO LAND TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)	NO TRAINING (Easter Holiday)	Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
14	15	16	17	18	19	20
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
21	22	23	24	25	26	27
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet National Champs Competition
28	29	30	1	2	3	4
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim National Champs Competition		Open Land Training				

May

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
5	6	7	8	9	10	11
Aquaoaks Spring Display - All swimmers must attend 1-6pm		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
12	13	14	15	16	17	18
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
19	20	21	22	23	24	25
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
26	27	28	29	30	31	1
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	NO TRAINING (Half Term)	NO LAND TRAINING (Half Term)	NO TRAINING (Half Term)	NO TRAINING (Half Term)	NO TRAINING (Half Term)	

June

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
						NO TRAINING (Half Term)
2	3	4	5	6	7	8
NO TRAINING Regional Competition 11am-6pm K2		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
9	10	11	12	13	14	15
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
16	17	18	19	20	21	22
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
23	24	25	26	27	28	29
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
30	1	2	3	4	5	6
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim						

July

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
		Open Land Training	Grade Training		NO TRAINING Combo Cup Travel Day	NO TRAINING Combo Cup
7	8	9	10	11	12	13
NO TRAINING National Masters		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
14	15	16	17	18	19	20
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim		Open Land Training	Grade Training		Aquasquirts Training Mini Elite 13-15 Duet Additional Figures 12u Duets Junior Elite Additional Figures 13-15 Solo	Strength & Stamina Novice Squad Additional Figures Senior Elite Mixed Duet Senior Duet Masters Duet
21	22	23	24	25	26	27
Development Swim Performance Land Mini Elite Swim Development Land Performance Swim	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)
28	29	30	31	1	2	3
NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)			

August

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)
4	5	6	7	8	9	10
NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)
11	12	13	14	15	16	17
NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)
18	19	20	21	22	23	24
NO TRAINING (Summer Holiday)	AQUAOAKS Summer Camp (Sevenoaks School)	AQUAOAKS Summer Camp (Sevenoaks School)	AQUAOAKS Summer Camp (Sevenoaks School)	AQUAOAKS Summer Camp (Sevenoaks School)	AQUAOAKS Summer Camp (Sevenoaks School)	NO TRAINING (Summer Holiday)
25	26	27	28	29	30	31
NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)	NO TRAINING (Summer Holiday)		