

Squad	Tuesday	Wednesday	Thursday	Friday	Sunday
Gold	7-9pm MLC		8-9pm MLC	7-9pm MLC	
Silver	7-9pm MLC			7-9pm MLC	
Bronze 2				7-8pm MLC	
Bronze 1			7.30-8.30pm MLC		
Learn to Dive			7-7.30pm MLC		
Squad	Tuesday	Wednesday	Thursday	Friday	Sunday

MLC = [Maidstone Leisure Centre](#)