



## **SQUAD TRAINING TIMES & MONTHLY TRAINING FEES**

The Club operates throughout the year except for Public Holidays and has reduced sessions between Christmas and New Year.

**Bronze Squad 2 hours per week Cost: £21.60per month**

6pm to 7pm Mondays  
7pm to 8pm Fridays

**Silver Squad 3 hours per week Cost: £27.30p**

6pm to 7pm Mondays  
7pm to 8pm Thursdays  
7pm to 8pm Fridays

**Gold Squad 3.5 hours per week Cost: £30.40p**

7pm to 8.30pm Mondays  
8pm to 9pm Thursdays  
6pm to 7pm Sundays

**Junior Olympic Squad 6 hours per week Cost: £43.60p**

7pm to 9pm Mondays  
7pm to 9pm Thursdays  
6pm to 8pm Sundays

**Olympic Squad 6.5 hours per week Cost: £44.80p**

7pm to 9.30pm Mondays  
7pm to 9pm Thursdays  
6pm to 8pm Sundays

**Aqua Squads 2 hours per week £16.30p**

8.30pm to 9.30pm Mondays  
7pm to 8pm Sundays

These sessions are for the swimmer who wishes to maintain a level of fitness and are mainly aerobic based with some speed work together with stroke development

**LAND TRAINING & BLOOD FLOW EXERCISES.**

Mondays Blood flow exercises 6.30pm for Gold / JO & Olympic

Thursdays blood flow exercises 6.30pm for Silver / JO & Olympic

Sundays Land training 5.30pm for Gold / JO & Olympic

Gold squad swimmers on Thursday are encouraged to attend 20 minutes before their pool based sessions to do blood flow warm up exercises.

Bronze and silver squad swimmers are encouraged to attend 15 minutes before their pool based sessions on a Friday

Aqua squads swimmers are encouraged to attend 20 minutes before pool based sessions commence