



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: £18.50p per month

6pm to 7pm Mondays

7pm to 8pm Fridays

These sessions are for skill and stroke development

Average per week 1500m to 1800m

Silver Squad 3 hours per week Cost: £23.50p

6pm to 7pm Mondays

7pm to 8pm Thursdays

7pm to 8pm Fridays

These sessions are for skill and stroke development.

Average metres per week 4800m to 5400m

Gold Squad 3.5 hours per week Cost: £26.00p

7pm to 8.30pm Mondays

8pm to 9pm Thursdays

6pm to 7pm Sundays

These sessions are for stroke development, skills, aerobic and speed work

Average metres per week 6.5km

Junior Olympic Squad 6 hours per week NEW cost: £37.25p

7pm to 8.30pm Mondays (to be extended to 9pm as of March 2009)

7pm to 9pm Thursdays

6pm to 8pm Sundays

These sessions are for stroke development, skills, aerobic and speed

Average metres per week 9km

Olympic Squad 6.5 hours per week Cost: £38.50p

7pm to 9.30pm Mondays

7pm to 9pm Thursdays

6pm to 8pm Sundays

These sessions are for stroke development, skills, aerobic and speed

Average metres per week 11km

Aqua Squads 2 hours per week Cost to be confirmed

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.

Average metres per session: 1500m to 2700m

Average metres per week: 3000m to 5400m

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