

LICHFIELD SWIMMING CLUB

Training Session Timetable 2014

AGE GROUP	DAY	VENUE	TIME
7 years - 13 years	Monday	Friary	4-30pm - 6.00 pm
12 years - open	Monday	Snowdome	8.00pm - 10.00 pm
All swimmers	Tuesday	Friary	6.00pm - 7-30pm
All swimmers	Wednesday	Friary	6-00pm - 7-30pm
12 years - open	Thursday	Friary	7-30pm - 9-00pm
All swimmers	Saturday	Friary	7-00am - 8-30am
12 years - open	Sunday	Snowdome	4-00pm - 6-00pm

NOTE:

THE AGES SHOWN ARE A GUIDE ONLY. MANY FACTORS INFLUENCE A COACH WHEN SELECTING A SESSION SUITABLE FOR AN INDIVIDUAL SWIMMER.

ALL MEMBERS SHALL SWIM A MINIMUM OF 3 SESSIONS PER WEEK.

THE EXCEPTIONS ARE;

7 TO 8 YEAR OLDS MAY SWIM 2 SESSIONS PER WEEK.

MASTERS SWIM SATURDAY MORNING ONLY.

NEW SWIMMERS (TRIALISTS) MAY SWIM 2 SESSIONS PER WEEK AT THE DISCRETION OF THE HEAD COACH.

DUE TO SPACE RESTRICTIONS AND SWIMMER ABILITY, ALL SESSIONS ARE BY INVITATION ONLY. PLEASE DISCUSS DETAILS WITH YOUR COACH.

LSC

JANUARY 2014.