

new timetable

from Saturday 4 June 2016



www.ladasc.co.uk

LADASC Squad Training Session Times

		DG1	DG2	TG1	TG2	TG3	Club	Masters
Monday								
6:30–7:45am	Malvern College (2 lanes)				EARLY BIRDS			
6:00–7:00pm	JMHS				Aerobic Land Training			
9:00–10:00pm	Malvern College						Fitness Session	
Tuesday								
6:00–7:00am	Ross (2 lanes)							
Wednesday								
6:30–7:45am	Malvern College (2 lanes)				EARLY BIRDS			
5:00–6:00pm	MSJ							
6:30–7:30pm	Ledbury Youth Centre				Spinning			
Thursday								
6:00–7:00am	Ross (2 lanes)				Fitness Session			Fitness Session
5:30–6:30pm	Malvern College							
6:30–8:00pm	Malvern College							
Friday								
4:45–5:45pm	MSJ							Fitness Session
5:30–6:30pm	Malvern College							
5:30–7:00pm	Malvern College							
6:30–8:30pm	Malvern College							
7:00–8:30pm	Malvern College							
Saturday								
8:00–9:00am	Malvern College							
Sunday								
5:00–6:00pm	Ross							
5:00–6:30pm	Ross							
6:00–8:00pm	Ross							
6:30–8:00pm	Ross							

If a session doesn't state the number of lanes, it means that we have been able to hire the whole pool.

Fitness sessions are not coached but swim sets will be prepared and can be collected at the venue.

The morning sessions on a Tuesday, Thursday and Saturday are currently available to all swimmers in the training groups listed.

The morning sessions on a Monday and Wednesday are popular and numbers need to be managed. All swimmers that requested to swim on these two mornings during the feedback period have been allocated places and are on the **EARLY BIRDS** list. If you would like to attend a Monday or Wednesday morning session, but your name isn't on the list, then please email clubsecretary@ladasc.co.uk and the head coach will let you know which sessions you can attend.

We are a friendly, successful swimming club for Ledbury, Malvern and the surrounding area, coaching swimmers from novice to national level. If you would like to find out more, or request a free trial, then head to our website. We look forward to welcoming you.

VENUES

Malvern College Sports Complex	College Road, Malvern WR14 3DF
John Masefield High School	Mabel's Furlong, Ledbury HR8 2HF
Halo Ross Swimming Pool	Red Meadow, Ross-on-Wye HR9 7DB
MSJ Sports & Fitness Centre	33 Barnard's Green Road, Malvern WR14 3LH
Ledbury Youth Centre	Bye Street, Ledbury HR8 2AG