



# Loughborough Town Swimming Club



	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00
Monday									
Tuesday	SVLC								
				LLC					
Wednesday		LGS		LGS					
				LGS					
Thursday		LLC Training pool							
	LLC		LLC			LLC			
	LLC			LLC			LLC		
Friday		BC							
			LU - Land training @ 06:45		LU - 50m Pool				
			LU - Land training @ 06:45		LU - 50m Pool				
Saturday									

	09:00	09:30	10:30
Sunday	HP		

	04:30	05:00	05:30	06:00
Sunday	LLC (A minimum ability standard will be set)			
	LLC			
	LLC			

	Improvers
	7 to 12 years
	13 to 17 years
	Masters

- BC Burleigh Community College
- HP Humphrey Perkins School
- LGS Loughborough Grammar School
- LLC Loughborough Leisure Centre
- LU Loughborough University (Invitation only)
- SVLC Soar Valley Leisure Centre

School pool sessions many not operate during school holidays. Confirm with the relevant coaches.

Group ages are for guidance only. After an initial trial the coaching staff will advise which sessions are suitable. We normally expect new swimmers to have passed asa NPTS stage 6 or equivalent.

The Head Coach will assign Thursday session/lane on ability.

## New members always welcome