



Loughborough Town Swimming Club



Summer 2011

	6:30 PM	7:00	7:30	8:00	8:30	9:00
Monday						
Tuesday		LLC (normally SVLC)		LLC (normally LLC)		
		LLC (normally SVLC)		LLC		
Wednesday	Last session 6th July. Re-commencement on 7th Sept. Confirm with coach.					
Thursday	LLC			LLC (normally 7:00 + 7:30)		
	LLC (normally 6:00, 1hr)					
	LLC (normally 6:00, 1½hrs)			LLC		
Friday						
Saturday						

	8:30 AM	9:00	9:30	10:00
Sunday AM	WDC			
	WDC			
	4:30 PM	5:00	5:30	6:00
Sunday PM	LLC			
	LLC			
	LLC			

- 7+ Improvers (25m using two strokes styles)
- 7 to 12 years
- 13 to 17 years
- Masters (Competitive & fitness for good swimmers)

- LLC Loughborough Leisure Centre
- SVLC Soar Valley Leisure Centre
- WDC Welbeck Defence College

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 4 or equivalent. (Discounts available if part of recognised learn to swim scheme)

The Head Coach assigns session/lane on ability in line with the squad structure.

Unless otherwise noted the summer training schedule will commence on the 17th July. Normal training commences on the 1st September

No swimming on the 28th August



www.ltsc.org.uk
Competitive swimming in the heart of Charnwood

