



Loughborough Town Swimming Club



Training Planner

	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	No training							
Tuesday	SVLC			LLC				
				LLC				
Wednesday		LGS		LGS				
		LGS		LGS				
Thursday	LLC		LLC			LLC		
	LLC		LLC			LLC		
Friday		RC			LU (50m)			
		RC			LU (50m)			
Saturday	No training. Regular galas (Most abilities)							

	08:30	10:00
Sunday	WDC	WDC
	WDC	

	16:30	18:00
Sunday	LLC (Minimum ability standard set)	
	LLC	
	LLC	

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

- LGS Loughborough Grammar School
- LLC Loughborough Leisure Centre
- LU Loughborough University
- RC Rawlins Community College
- 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. Land conditioning training by arrangement with the Head Coach (only if sufficient interest)

New members always welcome

Some pool sessions may not operate during school holidays. Confirm with the relevant coaches.



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

