



THSC Winter Training Timetable – Scarborough Beach Pool

MORNING SESSIONS

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
5:30-6:00	National Age	State Age / National Developmt	National Age	Junior State	National Age	State Age / National Developmt	National Age	Junior State	National Age	State Age / National Developmt			
6:00-6:30													
6:30-7:00													
7:00-7:30													
7:30-8:00											Junior State	National Age	State Age / National Developmt
8:00-8:30													
8:30-9:00													
9:00-9:30											Green 2	Adult / Fitness	
9:30-10:00													
10:00-10:30													

AFTERNOON SESSIONS

Time	Monday		Tuesday		Wednesday		Thursday		Friday	
4:00-4:30	Green 1				Green 1				Green 1	
4:30-5:00		Junior Developmt	Green 2	Junior Developmt		Junior Developmt	Green 2	Junior Developmt		Junior Developmt
5:00-5:30	National Age	Junior State	State Age / National Developmt	Adult / Fitness	National Age	Junior State	State Age / National Developmt	Adult / Fitness	National Age	Junior State
5:30-6:00										
6:00-6:30										
6:30-7:00										
7:00-7:30										

**** For all squads except White and Green, there will be a 15 min Activation session before the swim session mornings and afternoons, so please arrive at least 20 mins prior to the scheduled start time. For White and Green squads, please arrive 10 mins early to allow session to start on time.**



THSC Winter Training Timetable – Scarborough Beach Pool

WHITE SQUAD

This introductory squad is structured as follows:

- 2 x 45min sessions, either on Monday and Wednesday, or Tuesday and Thursday.
Note, these days can be negotiated if you would like to make alternative arrangements.
- Minimum of 4 swimmers per session
- Maximum of 6 swimmers per session
- 2 timeslots available each day
- Registration renewed monthly
- Coach will closely monitor swimmer's progress to determine when they are ready to graduate to Green Squad
- After graduating, swimmer will join Green Squad for the remainder of the season
(subject to different fees – see squad information and fee structure here: <https://www.tuarthillswimmingclub.org/squads-and-training/>)

Days	Mon/Wed Group	Tues/Thurs Group
Monday	4:00 – 4:45 pm or 4:45 – 5:30 pm	
Tuesday		4:00 – 4:45 pm or 4:45 – 5:30 pm
Wednesday	4:00 – 4:45 pm or 4:45 – 5:30 pm	
Thursday		4:00 – 4:45 pm or 4:45 – 5:30 pm