



THSC Winter Training Timetable – Scarborough Beach Pool

MORNING SESSIONS

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



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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 |