



THSC 2018/19 Summer Training Timetable – Scarborough Beach Pool

MORNING SESSIONS

Time	Monday			Tuesday		Wednesday			Thursday		Friday			Saturday														
5:30-6:00	National Age	State Age	Adult Fitness (3/wk only)	National Age	Junior State	National Age	State Age	Adult Fitness (3/wk only)	National Age	Junior State	National Age	State Age	Adult Fitness (3/wk only)															
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														Green (3/wk only)	Adult Fitness (3/wk only)													
9:30-10:00																												
10:00-10:30																												

AFTERNOON SESSIONS

Time	Monday		Tuesday		Wednesday		Thursday		Friday									
4:00-4:30																		
4:30-5:00	Green (3/wk only)	Junior Developmt	Green (3/wk only)	Junior Developmt	Green (3/wk only)	Junior Developmt	Green (3/wk only)	Junior Developmt	Green (3/wk only)	Junior Developmt								
5:00-5:30																		
5:30-6:00	National Age	Junior State	State Age	Adult Fitness (3/wk only)	National Age	Junior State	State Age	Adult Fitness (3/wk only)	National Age	Junior State								
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, running Monday and Wednesday.
(Tues/Thurs sessions may become available during the season only if Mon/Wed sessions are full.)
- 2 timeslots available each day
 - 4:15 – 5:00pm
 - 5:00 – 5:45pm
- Minimum of 4 swimmers per session
- Maximum of 6 swimmers per session
- 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/>)