



YOUTH/SENIOR SQUAD

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30		6:00 – 8:00	
	Etwall	Moorways	Etwall	Moorways		Ripley	
PM	17:45 – 20:00		17:00 – 19:00 15:45 – 18:15	17:30 - 19:30	17:45 – 20:00		
	Moorways		Moorways Loughborough	Moorways	Moorways		
LAND	17:00	S&C Derby University	16:30	16:30	17:00		

- * All swimmers required to attend 8 or 9 pool sessions each week over 6 days – as per individual plan.
- * 15 minutes Stretching/Rehab after every afternoon/evening session and after Saturday morning.
- * Tuesday PM and Friday AM sessions are not available unless agreed by Andi Manley.
- * Loughborough session on Wednesday PM open to swimmers with British Championships QT's in 2011 or 2012.





AGE GROUP SQUAD

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5:30 – 7:30	5:30 – 7:30		5:30 – 7:30	5:30 – 7:30	6:00 – 8:00	
	Etwall	Moorways		Moorways	Ripley	Ripley	
PM	17:00 – 19:00	17:30 – 18:30	17:00 – 19:00		17:00 – 18:30		
	Moorways	Moorways	Moorways		Moorways		
LAND	19:15-20:00	16:30-17:15	16:30-17:00		18:45-19:45		

- * All swimmers required to attend 7 or 8 pool sessions each week over 6 days – as per individual plan.
- * No more than 4 morning sessions per week.
- * 15 minutes Stretching/Rehab after every afternoon/evening session and after Saturday morning.
- * Wednesday AM session can be available if required. This must be discussed with Kim Hill.





DEVELOPMENT SQUAD

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30		
	Etwall	Moorways	Etwall	Moorways	Ripley		
PM		17:30 – 18:30	17:00 – 19:00				
		Moorways	Moorways				
LAND		16:30	16:30				

- * Swimmers can attend 3 sessions per week: Tuesday PM is compulsory + 2 morning sessions.
- * Wednesday PM session may be available, depending on lane space. This needs to be discussed with Kim Hill.
- * 15 minutes Stretching/Rehab after every afternoon/evening session.