



# PASC Squad Training Times 2017-18

## Small Pool

- Starfish Wed 6:00 – 6:30
- Angelfish Wed 6:30 – 7:00, Thur 7:30 – 8:00
- Goldfish Wed 7:00 – 7:30, Thur 8:00 – 8:30
- Dolphins Wed 7:30 – 8:00, Mon 5:30 – 6:00 in Lane 1 of Large Pool
- Sharks Wed 8:00 – 8:30, Mon 6:00 – 6:30 in Lane 1 of Large Pool

## Large Pool

- Yellow Squad Mon 5:30 – 6:30, **Wed 6:00 – 6:30**, Sat 8:00 – 10:00
- Greed Squad Mon 5:30 – 6:30, Wed 6:30 – 7:30, Sat 8:00 – 10:00
- Red Squad Mon 5:30 – 6:30, Wed 6:30 – 7:30, Sat 8:00 – 10:00
- Blue Squad Mon 6:30 – 7:30, Wed 7:30 – 8:30, Sat 8:00 – 10:00
- Silver Squad Mon 6:30 – 7:30, Wed 7:30 – 8:30, Sat 8:00 – 10:00
- Gold Squad Mon 6:30 – 7:30, Wed 7:30 – 8:30, Sat 8:00 – 10:00
  
- Fins & Snorkel session Mon 7:30 – 8:30 – this is for swimmers who have their own fins and front-snorkel, and is for swimmers in advanced Red Squad & above who are ready to train harder and hoping to advance to Blue Squad and more competitive swimming.

## PTL / Aquasprint Training sessions

- Thur nights from 7:30 – 8:30 from Sep to Jan/Feb are for swimmers who have been asked to compete, or are fit for PTL galas which are 2 length (50m or 66m) sprints, plus 100m or 133m Individual Medley events. Most PTL swimmers are from advanced Red Squad & above.
- Thur nights from 7:30 – 8:30 from Jan/Feb to Jun are for swimmers who have been asked to compete in Forest Feast Aquasprint galas which are 1 length (25m or 33m) sprints. This is suitable for all but the newest Yellow squad members who might still need time to develop their technique before racing. For the 2017-2018 season swimmers must be born 2006, 2007, 2008 or 2009 – swimmers born in 2010 or later are not allowed to compete in inter-club galas.
- Depending on the dates of our final few PTL galas and our first Forest Feast Aquasprint galas Thur nights can alternate in Dec/Jan/Feb – please keep an eye on the website & weekly newsletter to know what's happening in your club.

## Land Training

- We are pleased to offer land based training to all our large pool swimmers which started with two introductory sessions at the PASC Halloween Camp on Mon 30<sup>th</sup> & Tue 31<sup>st</sup> Oct 2017 –hopefully your muscles have stopped aching now 😊
- Regular land training sessions begin at Cascades on Thur 2<sup>nd</sup> Oct 2017 and will run for the next 7 weeks until Thur 14<sup>th</sup> Dec 2017.
- PASC are subsidising the costs as this is a new initiative this season and the cost to members is only £2 per session, £14 payable upfront before Thur 2<sup>nd</sup> Nov 2017.