



Broomfield Park Swimming Club Sessions



Autumn Term 2011

LANE	5:30 PM	5:45 PM	6:00 PM	6:15 PM	6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM
Monday @ Q.E. Girls	1	BPSC Swim School	BPSC Swim School	Development Competitive				Junior Competitive				Senior Competitive							
	2	BPSC Swim School	BPSC Swim School	Development Competitive				Junior Competitive				Senior Active							
	3	BPSC Swim School	BPSC Swim School	Development Active				Junior Active				Senior Active							
	4	BPSC Swim School	BPSC Swim School	Development Active				Junior Active				Masters Competitive							

Tuesday @ Q.E. Girls	1	Development Competitive (on advice of Luke)										Masters			
	2	Junior Competitive										Adult development			
	3	Senior Competitive										Adult development			
	4	Masters Competitive										Triathlon training			

Aimed at the competitive squads where swimmers are attending at least 3 others sessions regularly before joining this session - speak to your coach about this.

Start time is 8:30 - warm up & kick set in two lanes

Wednesday @ Q.E. Boys	1	45 mins session				Adult development		Masters	
	2					Development Active		Masters	
	3					Development Competitive		Masters	
	4					Junior Competitive		Adult development	
	5	1hr session 8.15 to 9.15				Junior Competitive		Adult development	
	6					Junior Active		Adult development	
	7					Senior Competitive		Potentially Adult Swim School	
	8					Senior Active			

All to Start! warm up & in three lanes 1hr session

Thursday @ Q.E. Boys	1	BPSC Swim School	BPSC Swim School	Senior Competitive			
	2	BPSC Swim School	BPSC Swim School	Senior Active			
	3	BPSC Swim School	BPSC Swim School	Junior Competitive			
	4	BPSC Swim School	BPSC Swim School	Junior Active			
	5	Development Active		Lane usage will vary depending on numbers - expected to be Junior Comp lanes.			
	6	Development Active					
	Development Competitive		Masters				
	Adult development		Adult development		optional		

Two 1 hour opportunities for parents to swim at the same times as the kids

Friday @ Q.E. Girls	1	BPSC Swim School	BPSC Swim School	Development Active		Senior Competitive					
	2	BPSC Swim School	BPSC Swim School	Development Active		Junior Active		Senior Active			
	3	BPSC Swim School	BPSC Swim School	Development Competitive		Junior Active		Senior Active			
	4	BPSC Swim School	BPSC Swim School	Junior Competitive				Masters			

Optional 2 hrs - if you are doing 1 hour it should be the 8:30 to 9:30 session

LANE	8:30 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM	10:15 AM	10:30 AM	10:45 AM	11:00 AM	11:15 AM	11:30 AM
Sunday @ Q.E. Girls	1	Masters		Development Competitive			Junior Active						
	2	Masters		Development Active			Junior Competitive						
	3	Masters		Adult development			Senior Competitive						
	4	Masters		Adult development			Senior Active						

Optional 2 hrs - if you are doing 1 hours it should be the 7:30 to 8:30 session

It is important that swimmers stick to their appropriate sessions, as some sessions are at maximum numbers and swimmers turning up from different squads cause coaching difficulties and isn't fair on the other swimmers. If prior arrangement is made with the Head Coach, some flexibility may be accommodated if numbers allow (e.g. Fridays tend to be quieter) - priority is for the swimmers in their correct session.