

# Bramcote Swimming Club - Squad & Teaching Swim Times

Rev 14/08/07

Key

C Squad	B2 Squad	B1 Squad	A Squad	Pre-Masters	Masters	Diving	Seniors
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Taught Swim Lessons

Splash	Teaching
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## MONDAYS Bramcote Leisure Centre

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8.30pm	Diving Course	Diving Course	Pre-Masters	Masters	B1	B1
9.30pm	Finish	Finish	Finish	Finish	Finish	Finish

Splash	Teaching

## TUESDAYS Bramcote Leisure Centre

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6.30pm	C Fast Track	C	C	C	C	C
7.15pm	B2 Fast Track	B2 Fast Track	B2	B2	B2	B2
8.00pm	A Fast Track	A Fast Track	A	A	A	A
9.00pm	Fitness Masters	Fitness Masters	Competitive Masters	Pre-Masters Competitive	Seniors	Seniors
10.00pm	Finish	Finish	Finish	Finish	Finish	Finish

Splash	Teaching
6.30pm 4	1
7.00pm 5	2
7.30pm 6	3
8.15pm finish	8.00pm finish

## WEDNESDAYS University Pool

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8.30pm	A Fast Track	A Fast Track	A	A	B1	Pre-Masters	Masters	Seniors
9.30pm	Finish	Finish	Finish	Finish	Finish	Finish	Finish	Finish

## THURSDAY Bramcote Leisure Centre

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8.30pm	A Fast Track	A Fast Track	A	A	Masters	Masters
10.00pm	Finish	Finish	Finish	Finish	Finish	Finish

Splash	Teaching
12 Wk swim lessons	

## FRIDAYS Bramcote Leisure Centre

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8.00pm	C	C	Seniors	B2	B1	B1
9.00pm	Finish	Finish	Finish	Finish	Finish	Finish

Splash	Teaching

## SUNDAYS Bramcote Leisure Centre

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7.00pm	C Fast Track	C	C	C	C	C
7.45pm	B2 Fast Track	B2 Fast Track	B2	B2	B2	B2
8.30pm	A Fast Track	A Fast Track	A	A	A	A
9.30pm	Finish	Finish	Finish	Finish	Finish	Finish

Splash	Teaching
6.00pm	1
6.30pm	2
7.00pm 5	3
7.30pm 6	4
8.15pm finish	8.00pm Finish

Fast Track: These are younger children who show competitive swimming potential and are being "Fast Tracked" through to the next squad, or through to Competitive Gala swimming. They train with Dianne Mann; when ready, they move to another coach.

**Please Note** that we have no flexibility outside of these times as Bramcote Leisure Centre is unable to give us more pool time & cannot change the times that they have allocated to us. This is due to the pool being used by other groups.

The club run swim teaching courses (ASA Level 1 & 2). These courses are for the club's benefit. The courses are run with our children as the pupils for the swim teachers to practice on. Parents are urged to support the club in this very important area of teaching development as our children will benefit from it directly. Please volunteer yourself for one of the courses.

**Your child gets free swim lessons if you then help on poolside\***

\*Terms & Conditions Apply