

ALSAGER SWIMMING CLUB TIMETABLE

ISSUE : 4

Issue Date : August 2025

| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | | | | | |
|---------|-------|-------------|----------|---------|--------------|------------|--|----------|--------------|---------|----------|------------|--------------|-------------|---------|--------------|--------|---------|---------|
| MORNING | 06.15 | | | | | | | | | | | | | | | | 06.15 | MORNING | |
| | 07.00 | | | ELITE | CLUB COMPETE | | | ELITE | CLUB COMPETE | | | | | | | | 07.00 | | |
| | 07.30 | | | | | | | | DEVELOPMENT | | | | ELITE | DEVELOPMENT | MASTERS | CLUB COMPETE | JUNIOR | | 07.30 |
| | 07.45 | | | | | | | | | | | | | | | | | | 07.45 |
| | 08.30 | | | | | | | | | | | | | | | | | | 08.30 |
| EVENING | 19.00 | JUNIOR | | ELITE | CLUB COMPETE | CLUB TRAIN | | ELITE | DEVELOPMENT | | | CLUB TRAIN | CLUB COMPETE | ELITE | JUNIOR | | | 19.45 | EVENING |
| | 20.00 | DEVELOPMENT | | | | | | | | | | | | | | | | 20.00 | |
| | | | | | | | | | | | | | | | | | | | |
| | 21.00 | | | | | | | | | | | | | | | | | 21.00 | |
| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | | | | | |
| | | Alsager | Sandbach | Alsager | | Alsager | | Alsager | | Alsager | Sandbach | Alsager | | Alsager | | | | | |

NOTES :

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| Junior | Stage 7 Upwards to learn basis skills such as turns starts and underwater work to become legal swimmers in competitive situations |
| Development | Continue to improve legal skills to make those elements faster and more efficient. Swim longer distances. Develop stroke technique, stamina over longer distances and speed. Begin to develop race craft |
| Club Compete | Develop strokes and skills to maximise speed over a variety of distances. Develop advanced race craft for competing. |
| Club Train | Develop and maintain fitness without any focus on race craft or competitive elements |
| Elite | Fitness skills, race craft and strokes to produce high level performances in competitions across multiple strokes and distances. |
| Masters | 18 years + to develop skills, fitness and speed. |

TRIALS WILL TAKE PLACE ON SUNDAY MORNINGS BETWEEN 7.00 AM AND 7.30 AM

