

ALSAGER SWIMMING CLUB TIMETABLE

ISSUE : 4

Issue Date : August 2025

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

NOTES :

Junior	Stage 7 Upwards to learn basic 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

