



Regional Development - Training Times & Venues

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|-----------|----------------|----------------|--------|
| Monday | 5:00 – 6:30 am | Pit | JCC |
| Monday | 6:30 – 8:00 pm | S.C (25 x 25) | JCC |
| Wednesday | 6.30 – 8.00 pm | S.C (Mid Pool) | JCC |
| Thursday | 5:00 – 7:00 am | *L.C | JCC |
| Thursday | 6:45 – 8:00 pm | S.C | Armley |
| Friday | 6.30 – 8:00 pm | S.C | JCC |
| Saturday | 7:30 – 9:00 am | Pit | JCC |

Morning Training

Morning training is introduced to swimmers in Regional Development from their 9th Birthday. This session is technical based and will be in the diving pit.

*Thursday am (LC): This session is for all Regional Development swimmers who are aged 10 and over and train in Kevin's lanes on a normal pm session.

In some cases, swimmers who are aged 9 and under may be invited to attend the long course morning sessions by Kevin.

Required Squad Attendance

Male

| Age | Workouts | Weekday PM Workouts | Weekday AM Workouts | Weekend AM Workouts |
|-----------|----------|---------------------|---------------------|---------------------|
| 9 Years | 4-5 | 3-4 | 1 | 0-1 |
| 10 Years | 5-6 | 3-4 | 1 | 1 |
| 11+ Years | 6-7 | 4 | 1-2 | 1 |

Female

| Age | Workouts | Weekday PM Workouts | Weekday AM Workouts | Weekend AM Workouts |
|-----------|----------|---------------------|---------------------|---------------------|
| 9 Years | 5-6 | 3-4 | 1 | 1 |
| 10 Years | 6-7 | 4 | 1-2 | 1 |
| 11+ Years | 7 | 4 | 2 | 1 |

Our online notice board can be found at:
www.swimregionalagegroup.blogspot.co.uk