



Thornaby Amateur
Swimming Club

NEW TRAINING ARRANGEMENTS FOR 2016

We are excited to announce that due to our continued growth, we have to alter our pool-time to accommodate more swimmers. This will commence in January 2016.

Principal Changes

Our **Tuesday** pool time will continue to run for three hours, from 6pm to 9pm, but **ALL squad club nights will be on a Tuesday**. This means we will be able to move swimmers through the squads more efficiently, leading us to accept more members. To do this we need to make **changes to our weekly schedule**.

Swimmers will be continually assessed so that they are placed in the correct group for their ability.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
C	B	A	D	D
Mondays - 7pm to 8pm				

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
C	B	A	D	Masters
Thursdays - 7pm to 8pm				

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
D	D	D	D	D1
Club Night				
Tuesdays - 6pm - 6:45pm (45 minutes)				
C	C	C	C	B1
Club Night				Club Night
Tuesdays - 6:45pm - 7:45pm (60 minutes)				
A	A	A	B2	B2
Club Night			Club Night	
Tuesdays - 7:45pm - 9:00pm (75 minutes)				
Tuesdays - 6pm to 9pm				

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
C	B	A	D	D1
				L2S
Fridays - 7pm to 8pm				

**THANK YOU FOR YOUR SUPPORT IN 2015.
WE LOOK FORWARD TO A FANTASTIC 2016!**

In Detail

Mondays and Fridays remain unchanged. However, there are changes for Tuesday and Thursday. **C squad** club night will **move** from a Thursday **to a Tuesday**.

Tuesdays

D squad will have 5 lanes from 6:00pm to 6:45pm.

C squad will have 4 lanes from 6:45pm to 7:45pm.

B squad will be split into two sections; with B1 running for an hour 6:45pm to 7:45pm and B2 for 75 minutes 7:45pm - 9:00pm.

A squad will have a 75 minute session over three lanes 7:45pm - 9:00pm.

Thursdays

From January, Thursdays will be open as a standard training night for all squads, with a lane each squad (except) and a single lane for *Masters*.

Masters and **L2S** groups remain unchanged.

Members of the first lane of **D squad** (i.e. those marked **D1** on the chart) are ineligible to swim on Mondays and Fridays. Your child will be advised about which squad and lane they are allocated. If you have any queries speak to your Coach.