

New Sessions begin from start of 2010/2011 Season

LTAD Session Progressions

DAY	Start Time	POOL	Hours	LTAD Stage
Sunday	1.45 PM	Cheltenham College	1.00	Swim Skills
		Fee paid hours	1.00	<i>Building Technique</i>
Sunday	5.15 PM	Twyver	1.00	Swim Skills
Friday	6.30 PM	Twyver	1.00	<i>Building Technique</i>
		Fee paid hours	2.00	
Sunday	5.15 PM	Twyver	1.00	Swim Skills
Tuesday	7.00 PM	Twyver	1.00	<i>Building Technique</i>
Friday	6.30 PM	Twyver	1.00	
		Fee paid hours	3.00	
Sunday	5.30 or 5.15 PM	Twyver or Barton	1.00	Swim Skills
Tuesday or Thursday	7.00 PM	Twyver	1.00	<i>Building Technique</i>
Friday	5.30 or 6.30 PM	Twyver	1.00	
Saturday + land training	6.00 AM	Twyver	2.00	
		Fee paid hours	5.00	
Sunday	5.30 PM	Barton	1.00	Swim Skills
Monday or Wednesday	7.15 or 7.00 PM	Twyver	1.00	<i>Building Technique</i>
Thursday	7.00 PM	Twyver	1.00	
Friday	5.30 PM	Twyver	1.00	
Saturday + land training	6.00 AM	Barton	2.00	
		Fee paid hours	6.00	
Sunday	6.30 PM	Barton	1.00	Swim Skills
Monday	7.15 PM	Twyver	1.00	<i>Building Technique</i>
Wednesday	7.00 PM	Twyver	1.00	
Thursday	7.00 PM	Twyver	1.00	
Friday	5.30 PM	Twyver	1.00	
Saturday + land training	6.00 PM	Twyver or Barton	2.00	
		Fee paid hours	7.00	

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LTAD Session Progressions

DAY	Start Time	POOL	Hours	LTAD Stage
Sunday	5.30 PM	Barton	2.00	
Monday	7.15 PM	Twyver	1.00	Training to Train
Tuesday	5.30 PM	Twyver	1.50	<i>Building the Engine</i>
Wednesday	7.00 PM	Twyver	1.00	
Friday morning	5.45 AM	Twyver	2.00	
Saturday + land training	6.00 AM	Barton	2.00	
Fee paid hours			9.50	

Sunday	5.30 PM	Barton	2.00	
Monday morning	5.45 AM	Twyver	2.00	
Monday	7.15 PM	Twyver	1.00	Training to Train
Tuesday	5.30 PM	Twyver	1.50	<i>Building the Engine</i>
Wednesday	7.00 PM	Twyver	1.00	
Friday morning	5.45 AM	Twyver	2.00	
Saturday + land training	6.00 AM	Barton	2.00	
Fee paid hours			11.50	

Sunday	5.30 PM	Barton	2.00	
Monday morning	5.45 AM	Twyver	2.00	
Monday	5.45 PM	Twyver	1.50	Training to Train
Tuesday morning	5.45 AM	Twyver	2.00	<i>Building the Engine</i>
Thursday	5.30 PM	Twyver	1.50	
Friday morning	5.45 AM	Twyver	2.00	
Saturday + land training	6.00 AM	Barton	2.00	
Fee paid hours			13.00	

Sunday	5.30 PM	Barton	2.00	
Monday morning	5.45 AM	Twyver	2.00	
Monday	5.45 PM	Twyver	1.50	
Tuesday morning	5.45 AM	Twyver	2.00	Training to Compete
Wednesday morning	5.45 AM	Twyver	2.00	<i>Optimising the engine</i>
Wednesday	5.30 PM	Twyver	1.50	
Thursday Morning	5.45 AM	Twyver	2.00	
Thursday	5.30 PM	Twyver	1.50	
Saturday + land training	6.00 AM	Barton	2.00	
Fee paid hours			16.50	

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Non - LTAD Sessions

DAY	Start Time	POOL	Hours	LTAD Stage
Tuesday	5.30 PM	Twyver	1.50	
Friday morning	5.45 AM	Twyver	2.00	Sprint
Friday	7.30 PM	Twyver	1.00	
Saturday land training only				
Fee paid hours			4.50	
Tuesday	5.30 PM	Twyver	1.50	
Friday morning	5.45 AM	Twyver	2.00	Sprint
Saturday + land training	6.00 AM	Twyver	2.00	
Fee paid hours			5.50	
Tuesday	5.30 PM	Twyver	1.50	
Wednesday/Thursday	5.30 PM	Twyver	1.50	Sprint
Friday morning	5.45 AM	Twyver	2.00	
Saturday + land training	6.00 AM	Twyver	2.00	
Fee paid hours			7.00	
Sunday	2.45 PM	Cheltenham College	1.00	Fitness
Friday	7.30 PM	Twyver	1.00	
Fee paid hours			2.00	
Sunday	2.45 PM	Cheltenham College	1.00	Disability
Monday	4.45 PM	Twyver	1.00	
Fee paid hours			2.00	