

GRANGEMOUTH A.S.C. TRAINING TIMETABLE

	Day	Venue	Time	Notes	
Challenger	Tuesday	Grangemouth Sports Complex	6.00pm - 6.45pm		
	Wednesday	Braes High School	6.00pm - 7.00pm		
Explorer	Tuesday	Grangemouth Sports Complex	6.00pm - 6.45pm		
	Wednesday	Braes High School	6.00pm - 7.00pm		
	Wednesday	Bo'ness Academy	6.45pm - 8.15pm	By Invitation of Lead Coach	
	Friday	Larbert High School	6.30pm - 8.15pm		
	Sunday	Grangemouth Sports Complex	7.15am - 8.45am - Pool Session 9.00am - 9.45am - Land Training		
Saturn & Age Group Development 3	Tuesday	Grangemouth Sports Complex	6.15pm - 6.45pm - Land Training 6.45pm - 7.45pm - Pool Session	Saturn & AGD3 Session	
	Wednesday	Bo'ness Academy	6.45pm - 8.15pm	Saturn & AGD3 Session	
	Friday	Larbert High School	6.30pm - 8.15pm	Saturn & AGD3 Session	
	Sunday	Grangemouth Sports Complex	7.15am - 8.45am - Pool Session 9.00am - 9.45 - Land Training	Saturn Session	
	Sunday	Grangemouth Sports Complex	5.00pm - 7.00pm	ADG3 Session By Invitation of Lead Coach	
	WEEK DAY MORNINGS FOR SATURN SWIMMERS				
	SATURN swimmers (10 years & older) if they wish can take part in a Friday morning training sessions, this will be arranged with the lead coach.				
	Friday Morning - 6.00am - 7.00am Pool Session				
	WEEK DAY MORNINGS FOR AGD3 SWIMMERS				
	Morning training (swimmers 10 years & over) becomes mandatory for AGD swimmers. One session to be arrangements with lead coach.				
Available Sessions Monday Morning - 6.00am - 7.30am Pool Session Wednesday Morning - 5.45am - 7.00am Pool Session Friday Morning - 6.00am - 7.00am Pool Session					
Apollo & Age Group Development 2	Monday	Larbert High School	6.15pm - 8.15pm	ADG Session By Invitation of Lead Coach	
	Tuesday	Grangemouth Sports Complex	7.15pm - 7.45pm - Land Training 7.45pm - 8.45pm - Pool Session	Apollo & AGD2 Session	
	Wednesday	Bo'ness Academy	6.45pm - 8.15pm	Apollo Session	
	Wednesday	Braes High School	6.30pm - 7.00pm - Land Training 7.00pm - 9.00pm - Pool Session	AGD Session	
	Friday	Larbert High School	6.30pm - 8.15pm	Apollo Session	
	Friday	Grangemouth High School	6.45pm - 7.30pm - Land training 7.30pm - 9.15pm - Pool Session	AGD Session	
	Sunday	Grangemouth Sports Complex	7.15am - 8.45am - Pool Session 9.00am - 9.45 - Land Training	Apollo Session	
	Sunday	Grangemouth Sports Complex	5.00pm - 7.00pm	AGD Session	
	WEEKDAY MORNINGS FOR APOLLO SWIMMERS				
	APOLLO swimmers (10 years & older) are encouraged to take part in weekday morning training sessions, which will be arranged with the lead coach.				
WEEKDAY MORNINGS FOR AGD2 SWIMMERS					
Morning training (swimmers 10 years & over) becomes mandatory for AGD swimmers. Sessions to be arrangements with lead coach.					
Available Sessions Monday Morning - 6.00am - 7.30am Pool Session Wednesday Morning - 5.45am - 7.00am Pool Session Friday Morning - 6.00am - 7.00am Pool Session					
Age Group Development 1	Monday	Larbert High School	6.15pm - 8.15pm		
	Tuesday	Grangemouth Sports Complex	6.45pm - 7.45pm	Also GASC FIRST Age Group	
	Wednesday	Braes High School	6.30pm - 7.00pm - Land Training 7.00pm - 9.00pm - Pool Session		
	Friday	Grangemouth High School	6.45pm - 7.30pm - Land training 7.30pm - 9.15pm - Pool Session		
	Sunday	Grangemouth Sports Complex	5.00pm - 7.00pm		
	WEEKDAY MORNINGS FOR AGD1 SWIMMERS				
Morning training is mandatory for AGD1 swimmers. Wednesday morning session and one other to be arrangements with lead coach.					
Available Sessions Monday Morning - 6.00am - 7.30am Pool Session Wednesday Morning - 5.45am - 7.00am Pool Session Friday Morning - 6.00am - 7.00 Pool Session					
Endeavour	Monday	Larbert High School	6.15pm - 8.15pm	Limited Space	
	Tuesday	Grangemouth Sports Complex	8.45pm - 9.45pm		
	Wednesday	Braes High School	6.00pm - 7.00pm	Limited Space	
	WEEKDAY MORNINGS				
ENDEAVOUR swimmers can take part in any or all the weekday morning training sessions					