

GRANGEMOUTH ASC SCHEDULE SEASON 2019-20

SQUAD	PROGRESSION	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SUNDAY	MONTHLY FEE
CHALLENGER	LEVEL ONE		6.00PM - 7.00PM POOL SESSION @ THE COMPLEX	6.00PM - 7.00PM POOL SESSION @ BRAES HIGH			£25.00
DEVELOPER ONE	LEVEL TWO IMPORTANT NOTE The Sunday morning session becomes absolutely key for progression through the swimmers pathway		6.00PM - 7.00PM POOL SESSION @ THE COMPLEX	6.45PM - 8.15PM POOL SESSION @ BO'NESS ACADEMY	6.30PM - 8.15PM POOL SESSION @ LARBERT HIGH		£32.00
						7.15AM - 8.45AM - POOL 9.00AM - 9.45AM - F&G @ THE COMPLEX	
DEVELOPER TWO	LEVEL THREE IMPORTANT NOTE The Sunday morning session becomes absolutely key for progression through the swimmers pathway		7.30PM - 8.00PM - LAND 8.00PM - 9.00PM - POOL @ THE COMPLEX	6.45PM - 8.15PM POOL SESSION @ BO'NESS ACADEMY	6.30PM - 8.15PM POOL SESSION @ LARBERT HIGH		£32.00
						7.15AM - 8.45AM - POOL 9.00AM - 9.45AM - F&G @ THE COMPLEX	
AGE GROUP BRONZE	LEVEL FOUR IMPORTANT NOTE Swimmers 10years and over are required to do 1 weekday morning session. Either Monday or Friday		6.30PM - 7.00PM - LAND 7.00PM - 8.00PM - POOL @ THE COMPLEX	7.00PM - 9.00PM POOL SESSION @ BRAES HIGH	6.45PM - 7.30PM - S&C 7.30PM - 9.00PM - POOL @ G/MOUTH HIGH	5.00PM - 7.00PM POOL SESSION @ THE COMPLEX	£37.00
		6.00AM - 7.00AM POOL SESSION @ THE COMPLEX			6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		
AGE GROUP SILVER	LEVEL FOUR IMPORTANT NOTE Swimmers 10years and over are required to do 1 weekday morning session. Either Monday or Friday		6.30PM - 7.00PM - LAND 7.00PM - 8.00PM - POOL @ THE COMPLEX	7.00PM - 9.00PM POOL SESSION @ BRAES HIGH	6.45PM - 7.30PM - S&C 7.30PM - 9.00PM - POOL @ G/MOUTH HIGH	5.00PM - 7.00PM POOL SESSION @ THE COMPLEX	£37.00
		6.00AM - 7.00AM POOL SESSION @ THE COMPLEX			6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		
AGE GROUP GOLD	LEVEL SIX IMPORTANT NOTE Starting with 1 weekday morning session, Wednesday. Then adding the Friday morning session, when advised.	6.15PM - 8.15PM POOL SESSION @ LARBERT HIGH	6.30PM - 7.00PM - LAND 7.00PM - 8.00PM - POOL @ THE COMPLEX	7.00PM - 9.00PM POOL SESSION @ BRAES HIGH	6.45PM - 7.30PM - S&C 7.30PM - 9.00PM - POOL @ G/MOUTH HIGH	5.00PM - 7.00PM POOL SESSION @ THE COMPLEX	£42.00
				5.45AM - 7.00AM POOL SESSION @ THE COMPLEX	6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		
YOUTH	LEVEL SEVEN IMPORTANT NOTE Sessions to be set along with advise from Head Coach.	6.15PM - 8.15PM POOL SESSION @ LARBERT HIGH	7.30PM - 8.00PM - LAND 8.00PM - 9.00PM - POOL @ THE COMPLEX	POTENTIALLY THE EARLIER BO'NESS SLOT	6.45PM - 7.30PM - S&C 7.30PM - 9.00PM - POOL @ G/MOUTH HIGH	5.00PM - 7.00PM POOL SESSION @ THE COMPLEX	TBC
		6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		5.45AM - 7.00AM POOL SESSION @ THE COMPLEX	6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		
ADVANCED YOUTH	LEVEL EIGHT 3 x am session	6.15PM - 8.15PM POOL SESSION @ LARBERT HIGH	7.30PM - 8.00PM - LAND 8.00PM - 9.00PM - POOL @ THE COMPLEX	7.00PM - 9.00PM @ BRAES HIGH POOL SESSION	6.45PM - 7.30PM - S&C 7.30PM - 9.00PM - POOL @ G/MOUTH HIGH	5.00PM - 7.00PM POOL SESSION @ THE COMPLEX	TBC
		6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		5.45AM - 7.00AM POOL SESSION @ THE COMPLEX	6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		
CLUB FITNESS			8.00PM - 9.00PM POOL SESSION @ THE COMPLEX				£20.00
		6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		5.45AM - 7.00AM POOL SESSION @ THE COMPLEX	6.00AM - 7.00AM POOL SESSION @ THE COMPLEX		