



CHALLENGER TRAINING SCHEDULE

Up dated November 2023

Monday Evening

Venue ~ Larbert High School

6.15pm ~ 7.00pm Pool Session

Please note: Could parents please come into the corridor just outside the pool entrance to collect their swimmer.

Tuesday Evening

Venue ~ Grangemouth Sports Complex

6.00pm ~ 7.00pm Pool Session

Sunday Morning

By Coach Invitation Only

Venue ~ Grangemouth Sports Complex

7.15am ~ 8.45am Pool Session

9.00am ~ 9.45am Land Session

Challenger Aim

Develop an understanding of club swimming.

Basic stroke & skill development, mainly Backstroke , Breaststroke & Front Crawl.
For most young swimmers the clubs entry level from Learn to Swim programmes.

