



DEVELOPER 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

Friday Evening

Venue ~ Larbert High School

6.30pm ~ 8.15pm Pool Session

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

Sunday Morning

Venue ~ Grangemouth Sports Complex

7.15am ~ 8.45am Pool Session

9.00am ~ 9.45am Land Session

Developer Aim

Develop an understanding of swimming within a squad.
Stroke development, Backstroke, Breaststroke, Front Crawl & Butterfly
Starts & turns development
Kick development

