



JUNIOR DEVELOPMENT TRAINING SCHEDULE

Up dated November 2023

Tuesday Evening

Venue ~ Grangemouth Sports Complex
7.00pm ~ 8.00pm Pool Session

Wednesday Evening

Venue ~ Bo'ness Academy
6.30pm ~ 8.15pm Pool Session
Please note: Swimmers come out the water 8.15pm sharp
to be out the building for 8.30pm

Friday Evening

Venue ~ Larbert High School
6.30pm ~ 8.15pm Pool Session

Sunday Morning

Venue ~ Grangemouth Sports Complex
7.15am ~ 8.45am Pool Session
9.00am ~ 9.45am Land Session

Weekday Morning

Morning training is hugely important for the progression of the swimmer.
Junior Development swimmers age
10 year old and over are advised to take part.

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Friday Morning - 5.45am ~ 7.00am Pool Session

Junior Development Aim & Requirements

Develop swimmers 11 year old and under.
(age range for guidance only as JD may suit swimmers outwith the age range)
Swimmer that want to compete and follow meet calendar.
Swimmers that are prepared to train, 200m Individual Medley based.
Swimmers that are prepared to train with regular high attendance.
Swimmers that are prepared to do weekday morning sessions, 10year old and over.