



YOUTH DEVELOPMENT TRAINING SCHEDULE

Up dated November 2023

Monday Evening

Venue ~ Larbert High School
7.00pm ~ 8.15pm Pool Session

Tuesday Evening

Venue ~ Grangemouth Sports Complex
8.00pm ~ 9.00pm Pool Session

Wednesday Evening

Venue ~ Braes High School
7.15pm ~ 9.15pm Pool Session

Friday Evening

Venue ~ Grangemouth High School
6.45pm ~ 7.30pm Land Training
7.30pm ~ 9.00pm Pool Session

Sunday Afternoon

Venue ~ Grangemouth Sports Complex
4.00pm ~ 6.00pm Pool Session

Weekday Morning Available Session

Monday Morning - 5.45am ~ 7.00am Pool Session

Wednesday Morning - 5.45am ~ 7.00am Pool Session

Friday Morning - 5.45am ~ 7.00am Pool Session

Youth Development Aim

Swimmers 14/15 year old & older where school works takes on a greater influence.
Swimmers that still want to compete but don't necessarily want to do all the training.

Swimmers that don't want to compete, but can still train at a good level.

Swimmers that may want to develop skills out the pool, poolside assistance/teaching/coaching/STO.