

## Training Times from June 2017

LTS Group 1 - £26		Pool	Coach
Sunday	12.15 - 12.45pm	Ramsbottom	Ross & Paul
Thursday	6.45 - 7.15pm	Ramsbottom	Ross & Paul

LTS Group 2 - £26		Pool	Coach
Sunday	12.45 - 13.15pm	Ramsbottom	Ross & Paul
Thursday	7.15 - 7.45pm	Ramsbottom	Ross & Paul

Group E - £28		Pool	Coach
Thursday	7.45 - 8.30pm	Ramsbottom	Paul
Friday	7 - 8.30pm	Ramsbottom	Paul / Ross
Saturday	5 - 6pm	Bury Castle Leisure	Paul & Ross
Sunday	13.15 - 14.15	Ramsbottom	Paul & Rick

Group D - £28		Pool	Coach
Tuesday	7.30 - 8.30pm	Bury Castle Leisure	Paul
Friday	7 - 8.30pm	Ramsbottom	Paul / Ross
Saturday	5 - 6pm	Bury Castle Leisure	Paul & Ross
Sunday	13.15 - 14.15	Ramsbottom	Paul & Rick

Group C - £28		Pool	Coach
Tuesday	7.30 - 8.30pm	Bury Castle Leisure	Paul
Thursday	7.45 - 8.30pm	Ramsbottom	Paul
Friday	7 - 8.30pm	Ramsbottom	Paul / Ross
Saturday	5 - 6pm	Bury Castle Leisure	Paul & Ross

Group B - £35		Pool	Coach
Sunday	2.15 - 3.15pm	Ramsbottom	Rick & Paul
Monday	8 - 9.30pm	Ramsbottom	Paul
Tuesday	7.30 - 8.30pm	Ramsbottom	Paul
Thursday	8.30 - 9.30pm	Ramsbottom	Paul
Friday	8 - 9.30pm	Heywood	Briea

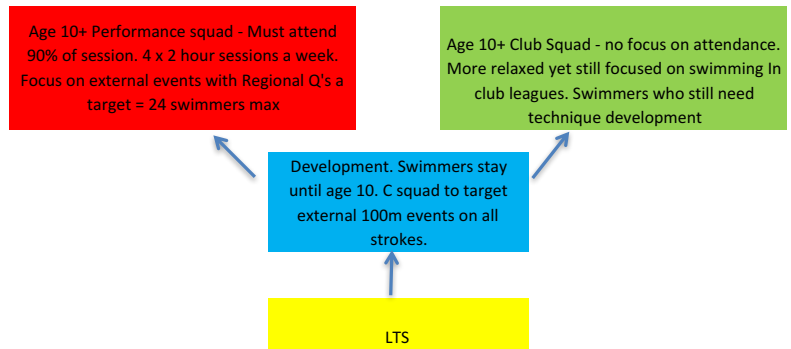
Group A - £35		Pool	Coach
Sunday	2.15 - 3.15pm	Ramsbottom	Rick & Paul
Monday	8 - 9.30pm	Heywood	Rick
Tuesday	8.30 - 9.30pm	Ramsbottom	Rick
Thursday	8.00 - 9.30pm	Heywood	Rick
Friday	8 - 9.30pm	Heywood	Briea

Club Swim / Masters £15		Pool	Coach
Wednesday	8.30 - 9.30pm	Turton	Briea
Thursday	8.00 - 9.30pm	Heywood	Rick
Friday	8 - 9.30pm	Heywood	Briea

<b>Students 16+</b>	<b>£21</b>
<b>University Student</b>	<b>£14</b>
<b>External Squad swimmers</b>	<b>£12</b>
<b>Registration + ASA Fee</b>	<b>£44.70 per year</b>
<b>3rd Child fee reduction</b>	<b>50%</b>

Heywood Leisure centre - OL10 4TW

Performance squad	8 hours	4 x 2 hour sessions
Club squad	6 hours	4 x 1.5 hours
development	4 hours	4 x 1 hour
LTS	2 hours	4 x 0.5 hour sessions
<b>Total</b>	<b>20 hours</b>	<b>16 sessions</b>



## Training Times from March 2016

LTS Group 1 - £23		Pool	Coach
Sunday	12.15 - 12.45pm	Ramsbottom	Ross & Paul
Thursday	6.45 - 7.15pm	Ramsbottom	Ross & Paul

LTS Group 2 - £23		Pool	Coach
Sunday	12.45 - 13.15pm	Ramsbottom	Ross & Paul
Thursday	7.15 - 7.45pm	Ramsbottom	Ross & Paul

Group E - £24		Pool	Coach
Thursday	7.45 - 8.30pm	Ramsbottom	Paul
Friday	7 - 8.30pm	Ramsbottom	Briera
Saturday	5 - 6pm	Bury Castle Leisure	Paul & Ross
Sunday	13.15 - 14.15	Ramsbottom	Paul & Rick

Group D - £24		Pool	Coach
Tuesday	7.30 - 8.30pm	Bury Castle Leisure	Paul
Friday	7 - 8.30pm	Ramsbottom	Briera
Saturday	5 - 6pm	Bury Castle Leisure	Paul & Ross
Sunday	13.15 - 14.15	Ramsbottom	Paul & Rick

Group C - £21		Pool	Coach
Tuesday	7.30 - 8.30pm	Bury Castle Leisure	Paul
Thursday	7.45 - 8.30pm	Ramsbottom	Paul
Friday	7 - 8.30pm	Ramsbottom	Briera
Saturday	5 - 6pm	Bury Castle Leisure	Paul & Ross

Group B - £30		Pool	Coach
Sunday	2.15 - 3.15pm	Ramsbottom	Rick & Paul
Monday	8 - 9.30pm	Ramsbottom	Marc
Thursday	8.30 - 9.30pm	Ramsbottom	Marc
Friday	8 - 9.30pm	Heywood	Marc
Saturday	7 - 8am	Ramsbottom	Paul

Group A - £40		Pool	Coach
Monday	8 - 9.30pm	Heywood	Rick
Tuesday	7.30 - 9.30pm	Ramsbottom	Rick
Thursday	8.00 - 9.30pm	Heywood	Rick
Friday	8 - 10.00pm	Heywood	Rick

Club Swim / Masters £24		Pool	Coach
Wednesday	8.30 - 9.30pm	Turton	Briera
Saturday	7 - 8am	Ramsbottom	Paul
Sunday	2.15 - 3.15pm	Ramsbottom	Rick & Paul
Monday	8 - 9.30pm	Heywood	Rick

<b>Students 16+</b>	<b>£21</b>
<b>University Student</b>	<b>£14</b>
<b>External Squad swimmers</b>	<b>£10</b>
<b>Registration + ASA Fee</b>	<b>£44.30 per year</b>
<b>3rd Child fee reduction</b>	<b>50%</b>

Heywood Leisure centre - OL10 4TW