

<b>MONDAY</b>	<b>LANE 1 (STORE SIDE)</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5 (SPECTATOR SIDE)</b>
<b>19:15 - 20:00</b>	<b>Rookie Bronze / Silver / Gold</b>		<b>Lifesaving Sport training</b>		
	3 week rotation with the small pool. Two lanes plus the small pool, maximum 12 on register for each level (Bronze, Silver and Gold) Small pool to cover dry side and CPR		<b>(11+ yrs)</b> This lane is aimed at those that will be eligible to compete at the next RLSS National Speeds Competition	<b>(12 - 14 yrs)</b> The first part of the session is aimed at strength and stamina building after warm-up and then moving on to technique training for lifesaving sport	<b>(15 - 17 yrs)</b>
<b>20:00 - 21:00</b>	<b>Stroke Improvement</b>		This will cover all of the standard events. In the run-up to a competition the focus will be on the specific events for that competition		
	<b>(10 yrs + / finished lessons)</b> This session will work on improving basic stroke technique, including starts, turns and finishes				

<b>FRIDAY</b>	<b>LANE 1 (STORE SIDE)</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5 (SPECTATOR SIDE)</b>
<b>19:15 - 20:00</b>	<b>Speed Training</b>			<b>Stroke Improvement</b>	
	<b>(15 - 17 yrs)</b> Block in place	<b>(12 - 14 yrs)</b> Block in place	<b>(11+ yrs)</b> Block in place	<b>At least Shark 1 standard</b> This session will work on improving basic stroke technique, including starts, turns and finishes	
<b>20:00 - 21:00</b>	<b>Lifesaving Sport training</b>				
	<b>(11 - 17 yrs)</b> This will cover all of the standard events. In the run-up to a competition the focus will be on the specific events for that competition.  When required (upcoming competition) these lanes will be 'tanked' to allow for incident training. Also to include First Aid and CPR.			<b>(Up to 11 Yrs)</b> Lane may be used for self-directed training if not being used by the other sessions.	Lanes to be 'Tanked' alternate weeks & dry area around small pool to be used. Rookie Sport 'bolt-on' awards Completion of Rookie Silver & Gold awards Survive and Save (1st award and re-assessment) Competition training Incident training – 2 half hour sessions, wet one week, dry the next
<b>21:00 - 21:30</b>	<b>Masters / Adult Swim</b>		<b>Stroke Improvement</b>		
			<b>(12 - 17 yrs only)</b>		

**Caveat to participation** If the Coach running the session feels that a Club member is not benefiting from the session e.g. too tired, not doing as asked or disrupting other swimmers/sessions, then the Coach is allowed to remove the Club member from that session.