

<b>Day</b>	<b>Location</b>	<b>Time</b>	<b>Who</b>
Sunday	Selby Leisure Centre	2pm – 4pm	Seniors & Club Junior
Sunday	Selby Leisure Centre	2pm – 3pm / 3pm- 4pm	Development Squad
Monday	Selby Leisure Centre	7pm – 9pm	Seniors & Junior Plus
Wednesday (land training)	Selby Gym	7pm – 8pm	Junior Plus & Club Junior
Alternate Wednesdays (pool)	Selby Leisure Centre	8.15pm – 9.30pm	Seniors
Thursday	Selby Leisure Centre	7pm – 9pm	Seniors & Junior Plus

Training consists of warm-up, skills and drills followed by a main set.

We spend time on technique, race-pace sets and are forever honing our skills, from dives, to turns to underwater work. All sessions are individual to the swimmer, with target times set on ability and performance.

Lane placements are based on time trial results and at our coaches' discretion.