



AGE GROUP 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 Mornings

Morning training is hugely important for the progression of the swimmer.
Age Group Development swimmers are advised to
take part in the two available sessions.m

Available sessions

Monday Morning - 5.45am ~ 7.00am Pool Session
Wednesday Morning - 5.45am ~ 7.00am Pool Session
Friday Morning - 5.45am ~ 7.00am Pool Sessionl

Age Group Development Aim

Swimmers 11year old to 14 year old
(age range for guidance only as AGD may suit swimmers outwith the age range)
Swimmer that want to compete.
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.

