

Club Swim is for the swimmers who enjoy swimming for fitness, fun and friendship. It's designed for swimmers who want to improve technique and endurance without any pressure of competition. Though the option is there if swimmers want to compete. The typical age of swimmers will be between 13 years (Yr 9 as of start of season) or older. There is a maximum of 16 spaces in this squad.

Squad Entrance Criteria

- Ability to meet demands of a swimming session for 60 minutes

Test Set Criteria

Aerobic Capacity: Complete 10 x 100's off 2:00

Commitment

- Attending sessions with a good positive attitude and ready to work hard but have fun along the way with friends.
- Following seagulls 'Club Values'

Progression

- Movement to Youth Competitive – If hitting criteria

Squad Exit Criteria

- Outgrowing the programme progression and progressing to a university programme

Equipment Required

Pool Equipment
Water Bottle, Hat & goggles
Kickboard
Pull buoy
, Short Fins

Timetable

Mon AM	Tues AM	Wed AM	Thurs AM	Fri AM	Sat AM	Sun AM
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
Swim 20:00- 21:00			Swim 20:00-21:00			Swim 19:00-20:00

Yellow = Two Rivers Meet Leisure Centre	Green = New Milton Leisure Centre
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