

CITY OF LEICESTER SWIMMING CLUB LIMITED

TEMPORARY TRAINING TIMES

BRAUNSTONE LEISURE CENTRE

**YOUTH ELITE SQUAD**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
MONDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
TUESDAY	5.15am – 7.15am	4.30pm – 6.30pm	
WEDNESDAY			
THURSDAY	5.15am – 7.15am	4.30pm – 6.30pm	
FRIDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
SATURDAY	6.00am – 8.30am		8.45am – 9.30am

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**YOUTH PERFORMANCE SQUAD**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
MONDAY	5.15am – 7.15am	6.00pm – 8.00pm	5.30pm – 6.00pm
TUESDAY		6.00pm – 8.00pm	
WEDNESDAY			
THURSDAY		6.00pm – 8.00pm	
FRIDAY	5.15am – 7.15am	6.00pm – 8.00pm	5.30pm – 6.00pm
SATURDAY	6.00am – 8.30am		8.45am – 9.30am

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**AGE ELITE SQUAD**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
MONDAY	5.15am – 7.15am	6.30pm – 8.00pm	6.00pm – 6.30pm
TUESDAY		6.30pm – 8.00pm	
WEDNESDAY		6.00pm – 8.00pm	
THURSDAY		6.30pm – 8.00pm	
FRIDAY	5.15am – 7.15am	6.30pm – 8.00pm	6.00pm – 6.30pm
SATURDAY	6.00am – 8.30am		8.45am – 9.30pm

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**AGE POTENTIAL SQUAD**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
MONDAY	5.15am – 7.15am	4.30pm – 6.00pm	
TUESDAY			
WEDNESDAY		6.00pm – 7.30pm	7.30pm – 8.00pm
THURSDAY		4.30pm – 6.00pm	
FRIDAY		4.30pm – 6.00pm	
SATURDAY	6.00am – 7.30am		7.45am – 8.30pm

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**COUNTY DEVELOPMENT SQUAD  
CONDITIONING**

**LAND**

	<b>PM</b>	
WEDNESDAY	4.30pm – 6.00pm	6.00pm – 6.30pm
SATURDAY	6.00am – 7.30am	7.45am – 8.30am