




City of Glasgow Swimming Club						
Training Schedule						
						
Squad	Day	Time		Location	Coaches Notes	
High Performance	Monday	05:15 - 07:15	16:30 - 18:30	Tollcross	Gym Sessions are agreed with Coach	
	Tuesday	05:15 - 07:15	16:30 - 18:00			
	Wednesday		16:30 - 18:00			
	Thursday	05:15 - 07:15				
	Friday	05:15 - 07:15	16:30 - 18:00			
	Saturday	08:30 - 10:30				
Squad	Day	Time		Location	Coaches Notes	
National Performance	Monday	05:15 - 07:15	16:30 - 18:30	Tollcross	Gym Sessions are agreed with Coach	
	Tuesday	05:15 - 07:15	16:30 - 18:00			
	Wednesday		16:30 - 18:00			
	Thursday	05:15 - 07:15				
	Friday	05:15 - 07:15	16:30 - 18:00			
	Saturday	08:30 - 10:30				
Squad	Day	Time		Location	Coaches Notes	
National Age Group	Monday	05:15 - 07:15		Tollcross	Land Sessions: Monday - 05:10 - 05:25 Friday - 05:10 - 05:25	
	Tuesday		16:30 - 18:00			
	Wednesday	05:15-07:15				
	Thursday		16:45 - 18:30			
	Friday	05:15 - 07:15	18:30 - 20:00	Scotstoun		
	Saturday	08:30 - 10:30				
Squad	Day	Time		Location	Coaches Notes	
Junior Age Group	Monday		16:45 - 18:30	Tollcross	Land Sessions: Monday - 16:15 - 16:40 Wednesday - 16:00 - 16:25 Friday - 16:00 - 16:25	
	Tuesday	05:15 - 07:15				
	Wednesday		16:30 -18:00			
	Thursday	05:15 - 07:15	16:45 - 18:30			
	Friday		16:30 - 18:00			
	Saturday	08:30 - 10:30				
Squad	Day	Time		Location	Coaches Notes	
Junior Development 2 (Black)	Monday		18:30 - 20:00	Tollcross	N/A	
	Tuesday		18:30 - 19:30	Scotstoun		
	Wednesday	05:15 - 07:15		Tollcross		
	Wednesday		18:00 - 20:00	Maryhill		
	Friday		19:00 - 20:45	Gorbals		
	Saturday	08:15 - 09:45		Scotstoun		
Squad	Day	Time		Location	Coaches Notes	
Junior Development 2 (Blue)	Monday		18:30 - 20:00	Tollcross	N/A	
	Tuesday		18:00 - 19:00			
	Wednesday	05:15 - 07:15				
	Wednesday		18:00 - 20:00	Maryhill		
	Friday		19:00 - 20:45	Gorbals		
	Saturday	08:15 - 09:45		Scotstoun		
Squad	Day	Time		Location	Coaches Notes	
Junior Development 1 (Black)	Monday		18:30 - 20:00	Scotstoun	N/A	
	Tuesday		18:00 - 19:00	Tollcross		
	Thursday		18:30 - 20:00			
	Friday		18:00 - 19:30			
Squad	Day	Time		Location	Coaches Notes	
Junior Development 1 (Blue)	Monday		18:30 - 20:00	Tollcross	N/A	
	Tuesday		18:00 - 19:00			
	Thursday		18:30 - 20:00			
	Friday		18:00 - 19:30			
Squad	Day	Time		Location	Coaches Notes	
Junior Foundation	Tuesday		19:00 - 20:00	Tollcross	N/A	
	Thursday		18:30 - 20:00			
	Friday		18:00 - 19:00			
Squad	Day	Time		Location	Coaches Notes	
Junior Foundation Academy	Tuesday		19:00 - 20:00	Tollcross	N/A	
	Friday		19:00 - 20:00			
Squad	Day	Time		Location	Coaches Notes	
Youth Squad	Tuesday		19:00 - 20:00	Tollcross	N/A	
	Friday		19:00 - 20:00			
Squad	Day	Time		Location	Coaches Notes	
Masters	Tuesday	05:30 - 07:00	19:30 - 20:30	Tollcross	Monday PM session is in Scotstoun	
	Wednesday	05:30 - 07:00				
	Friday	05:30 - 07:00				