

# City of Wakefield Swimming Club Training Scheme

## Training Times & Venues 2022-23 Season



### DEVELOPMENT SQUADS

#### SQUIDS – 3 Pool hours per week

|          |           |    |                              |
|----------|-----------|----|------------------------------|
| Tuesday  | 6:00-7:00 | PM | Pontefract Aspire @ The Park |
| Thursday | 6:15-7:15 | PM | Normanton Leisure Centre     |
| Friday   | 5:15-6:15 | PM | Normanton Leisure Centre     |

#### Coaches:

Rob Taylor  
Jennie Haswell  
Issy Brightman

#### SQUADDIES – 3.25 Pool hours per week

|          |           |    |                              |
|----------|-----------|----|------------------------------|
| Tuesday  | 6:00-7:15 | PM | Pontefract Aspire @ The Park |
| Thursday | 6:15-7:15 | PM | Normanton Leisure Centre     |
| Friday   | 5:15-6:15 | PM | Normanton Leisure Centre     |

#### Coaches:

Rob Taylor  
Jennie Haswell  
Issy Brightman  
Tara Karim  
Mia Dobson

### PERFORMANCE SQUADS

#### SWIM SKILLS B – 6.5 Pool hours per week

|           |           |    |                              |
|-----------|-----------|----|------------------------------|
| Monday    | 6:00-7:00 | PM | Sun Lane Leisure Centre      |
| Tuesday   | 6:00-7:30 | PM | Pontefract Aspire @ The Park |
| Wednesday | 6:00-7:00 | PM | Sun Lane Leisure Centre      |
| Thursday  | 6:15-7:45 | PM | Normanton Leisure Centre     |
| Friday    | 5:15-6:45 | PM | Normanton Leisure Centre     |

#### Coaches:

Harvey Williamson  
Rob Taylor  
Harrison Lee  
Tara Karim  
Terry Raddings  
Grace Messenger

#### SWIM SKILLS A – 8.5 Pool hours per week, 1.25 land hours per week

|             |            |    |                                        |
|-------------|------------|----|----------------------------------------|
| Monday      | 6:00-7:00  | PM | Sun Lane Leisure Centre                |
| Tuesday LT* | 5:55-7:15  | PM | Pontefract Aspire @ The Park - Outdoor |
| Tuesday     | 7:30-9:00  | PM | Pontefract Aspire @ The Park           |
| Wednesday   | 6:00-7:00  | PM | Sun Lane Leisure Centre                |
| Thursday    | 7:45-9:15  | PM | Normanton Leisure Centre               |
| Friday      | 6:45-8:15  | PM | Normanton Leisure Centre               |
| Sunday      | 9:00-11:00 | AM | Pontefract Aspire @ The Park           |

#### Coaches:

Harvey Williamson  
Rob Taylor  
Harrison Lee  
Tara Karim  
Terry Raddings

#### Calibre – 11.75 Pool hours per week, 1.25 Land hours per week

|             |            |    |                                        |
|-------------|------------|----|----------------------------------------|
| Monday      | 7:00-9:00  | PM | Sun Lane Leisure Centre                |
| Tuesday LT* | 5:55-7:15  | PM | Pontefract Aspire @ The Park - Outdoor |
| Tuesday     | 7:15-9:00  | PM | Pontefract Aspire @ The Park           |
| Wednesday   | 7:00-9:00  | PM | Sun Lane Leisure Centre                |
| Thursday    | 7:15-9:15  | PM | Normanton Leisure Centre               |
| Friday      | 6:15-8:15  | PM | Normanton Leisure Centre               |
| Sunday      | 9:00-11:00 | AM | Pontefract Aspire @ The Park           |

#### Coaches:

Harvey Williamson  
Rob Taylor  
Tara Karim  
Terry Raddings  
Sarah Kinsey

\*Start Date TBC

*Athletes are expected to arrive 15 minutes prior to any pool session to complete their Pre-Pool Warmup.*