



Poole Swimming Club

Preparing Swimmers. Creating Winners

Masters & Junior & Senior Fitness

Purpose:

Our junior, social and master's squads are social squads where athletes can enjoy developing technique, fitness and competing in swimming events.

Entrance Criteria: Typical Age

- Junior Squad: 11 to 14
- Senior Squad 14 to 19
- Masters 19+

Performance Level:

- To understand competitive lane swimming.

Equipment Required:

- Water Bottles
- Kickboard, Pull Buoy
- Training hand paddles, for strength training
- Short Fins
- Snorkel

Available Training Timetable:

Junior

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Rossmore 17:30-18:30					Rossmore 19:30-20:30	

Senior

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Rossmore 17:30-18:30	Dolphin 19:00-20:30		Dolphin 19:00-20:30		Rossmore 20:30-21:30	

Masters

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Saturday AM
Rossmore 18:30-20:00	Dolphin 19:00-20:30	Talbot Heath 20:15-21:15	Dolphin 19:00-20:30	Talbot Heath 20:15-21:15	Dolphin 06:30-08:00