



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 18
- Masters 19+

Equipment Required:

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

Academy Personnel

Masters Lead Coach:

Jack Hopkins

Junior and Senior Fitness Lead Coach:

Karen Yendole

Masters, Junior & Senior Secretary and Communications:

Karen Yendole

Available Training Timetable:

Junior

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Rossmore 16:30-17:30					Rossmore 19:00-20.00	

Senior

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Rossmore 16:30-17:30	Dolphin 19:00-20:00		Dolphin 19:00-20:00		Rossmore 19:00-20.00	

Masters

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