



Bolton Swimming Club

Training Timetable from September 2023

Day	Time	Groups	Pool Venue	Gym Venue
Monday	7:15pm – 8:15pm	2 groups, alternate weeks (subject to coaches' invitation)		Braham Fitness
Tuesday	No training			
Wednesday	7:00pm – 8:00pm	Development 1 & 2	Farnworth Pool	
	7:00pm – 9:00pm	Development 3,4 & 5 (plus transitioning Dev 2 until 8:30pm)	Farnworth Pool	
	8:00pm – 9:00pm	Club swimmers	Farnworth Pool	
Thursday	7:00pm – 8:00pm	Development 1 & 2	Farnworth Pool	
	7:00pm – 9:00pm	Development 3,4 & 5 (plus transitioning Dev 2 until 8:30pm)	Farnworth Pool	
	8:00pm – 9:00pm	Club swimmers	Farnworth Pool	
Friday	8:00pm – 9:00pm	Open Pool	Farnworth Pool	
	7:00pm – 9:00pm	Development 3,4 & 5 (2 groups, 1 session each per month – subject to coaches' invitation)	Stockport (50m) Pool (recommences in January 2024)	
Saturday	No training			
Sunday	3:00pm – 4:00 pm	Development 1 (subject to coaches' invitation)	Farnworth Pool	
	3:00pm – 4:30 pm	Transitioning Development 2 (subject to coaches' invitation)	Farnworth Pool	
	3:10pm – 3:50pm	Development 3,4 & 5 (subject to coaches' invitation)		Pre-Pool session in the Fitness Suite at Farnworth Leisure Centre (subject to coaches' invitation and age restriction)
	4:00pm – 5:30pm	Development 2,3,4 & 5 (subject to coaches' invitation)	Farnworth Pool	

Bolton Swimming Club



Club Culture Statement

“Bolton Swimming Club Provides a supportive family environment. We value and encourage our swimmers to help them fulfil their personal potential”

All swimmers are **expected** to represent the club if selected for team competitions.

Development Group 1	Development Group 2	Development Group 3	Development Group 4	Development Group 5	Club
SE Equivalent: Club Link	SE Equivalent: Early Competitive	SE Equivalent: County Development	SE Equivalent: Regional Development	SE Equivalent: National Development	
Who? New starters Late starters	Who? Developing swimmers Swimmers looking to progress and compete externally as well as internally	Who? Strong club swimmers Club squad swimmers Former squad swimmers still looking to train and compete with the club	Who? Higher level club/squad swimmers with County and Regional qualification Continued training with club	Who? Club/squad swimmers with or targeting National qualification Continued training with club	Who? 'Fitness' swimmers Older swimmers no longer competing
Aim Teach / develop basic skills Introduce training Develop all four strokes Introduce competition	Aim Develop all four strokes Develop skills Learning about training and competition Provide development to enable swimmer to reach county level	Aim Continue skill and tactical development Provide support in bridge to squad Provide complementary training to enhance squad work Maintain links with the club Provide bespoke training to meet goals	Aim Continue skill and tactical development Provide complementary training to enhance squad work Maintain links with the club Act as role models Provide bespoke training to meet goals	Aim Continue skill and tactical development Provide complementary training to enhance squad work Maintain links with the club Act as role models Provide bespoke training to meet goals	Aim Provide friendly supportive environment Coach skill and technique Encourage younger swimmers to potentially increase training
Training 1 or 2 sessions per week (Up to 2hrs) 800m to 1400m per hour	Training 2 or 3 sessions per week (2 to 5hrs) 1500m to 2400m per hour Plus land training when appropriate	Training 3 or 4 sessions per week (4 to 7hrs) 1800m to 2700m per hour Plus land training Plus long course when appropriate	Training 1 or 2 sessions per week (2 to 4hrs) 2000m to 3000m per hour Plus land training Plus long course training	Training Up to 2 sessions per week (2 to 4hrs) 2500m to 3500m per hour Plus land training Plus long course training	Training 1 to 3 sessions per week (1 to 3hrs) 1500m to 2400m per hour Plus land training if appropriate
Competition Internal club galas BCM Mini League Level 4 meets	Competition Internal club galas BCM Leagues BCM spring & autumn meets Level 4 meets Selected Level 3 open meets	Competition Internal club galas BCM Leagues BCM spring & autumn meets Open meets County level	Competition Internal club galas BCM Leagues BCM spring & autumn meets Open meets County and Regional level	Competition Internal club galas BCM Leagues BCM spring & autumn meets Open meets County, Regional and National level	Competition Internal club galas BCM Leagues as appropriate Level 4 meets as appropriate