

To all Junior swimmers and parents:

The Club is keen to provide additional pool training time for Junior session swimmers. We will therefore be providing an additional Junior training session. This will run on Sunday mornings at Brinscall Pool, from 8am-9.30am.

This is initially being provided on a pilot basis. It's important to understand that this session should not be used as an alternative to the regular Sunday evening session. The two sessions will be designed to complement each other. The Sunday evening Junior session is an important technique-training session. It is less physically demanding than other sessions, and there is sufficient recovery time between the Sunday morning and evening sessions to enable swimmers at Junior level to benefit from both.

All junior swimmers should endeavour to attend the Sunday morning sessions, which will start on Sunday 29th January, and continue until further notice.