



**BEXLEY Swimming Club**  
Registered Charity No: 1156407



**Group Training Objectives & Criteria - Bexley Swimming Club**

**ClubMasters Group**

The Club Masters Squad facilitates swimmers that do not comply with the criteria for Competitive or Performance Groups. The minimum age for this group is 12 years.

<b>ClubMasters</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim							
PM	Land							
	Swim	1930-2100 (Sidcup)		2100-2200 (Sidcup)**				

\*\* Provisional – Please check with Coaching staff

Training aims & objectives

- Fitness based programme
- Have all training equipment (fins, kickboard, pull buoy, drink bottle)
- Respect for coaching staff
- Good lane discipline