

CURRENT PATHWAYS - ACEL

A NOTE ABOUT YOUR MEMBERSHIP

If you're not currently on the Performance Programme, your £85 membership can currently give you 2–3 sessions per week, depending on your level and programme.

You cannot swim more than 3 sessions per week on the £85 membership

NEW TO COMPETITIVE SWIMMING

→ Competitive Development (Fri 18:30 WLs) + Club Night (Weds TLC)

INTERMEDIATE COMPETITIVE SWIMMER

→ Competitive Development (Fri 18:30 WLs) + Club Night (Weds TLC) + Sats (15:00 WLs)

EXPERIENCED COMPETITIVE SWIMMER

→ Friday 19:30 (WLs) + Club Night (Weds TLC) + Sats (15:00 WLs)

NEW TO OPEN WATER / CLUB SWIMMING

→ Competitive Development (Fri 18:30 WLs) + Club Night (Weds TLC) + Suns (17:00 LFs)

EXPERIENCED OPEN WATER

→ Able to swim all strokes and turns hold turnarounds of <1:50 for 100 FS

→ Club Night + Saturday (15:00 WLS) + Suns (17:00 LFs)

Intermediate Competitive Swimmers who progress well in Club Development will be encouraged to bridge over to the later Friday session.

The £100 per month membership is only for Swimmers within the Performance Program, who currently swim Wed/Thur/Fri/Sat. The Thursday session (WLs) is only for Performance Swimmers.