

Grantham Swim Club - Squad Structure & Time Table 2026

Masters Squad (18 years & Over)

2 sessions per week (2 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM		20:30 - 21:30 Meres					17:30 - 18:30 Meres

Swim Fit Squad (14 - 18 years)

2 sessions per week (2 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM		20:30 - 21:30 Meres					17:30 - 18:30 Meres

Senior Performance (14 years & Over)

4 sessions per week (5 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM		20:30 - 21:30 Meres		19:30 - 21:00 Meres	20:30 - 21:30 Meres		15:00 - 16:30 Meres

Podium Performance Squad (14 years & Over)

8 sessions per week (15 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		06:00 - 08:00 Meres	06:00 - 08:00 Meres	06:00 - 08:00 Meres			
PM	18:30 - 19:30 Meres	18:00 - 20:00 Stamford		19:00 - 21:00 Meres	19:30 - 21:30 Meres		15:00 - 17:00 Meres

Podium Potential Squad (13 - 16 years)

7 sessions per week (12.5 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		06:00 - 08:00 Meres		06:00 - 08:00 Meres			
PM	18:30 - 19:30 Meres	18:00 - 20:00 Stamford		19:30 - 21:00 Meres	19:30 - 21:30 Meres		15:00 - 17:00 Meres

Age Group Performance Squad (11 - 14 years)

6 sessions per week (10 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		06:00 - 08:00 Meres		06:00 - 08:00 Meres			
PM	18:30 - 19:30 Meres			19:30 - 21:00 Meres	19:30 - 21:00 Meres		15:00 - 17:00 Meres

Junior Performance Squad (11 - 13 years)

5 sessions per week (7 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			06:00 - 08:00 Meres				
PM		19:30 - 20:30 Meres		18:00 - 19:30 Meres	19:30 - 20:30 Meres		15:00 - 16:30 Meres