

Leeds City Council Swimming Training Scheme

Training Times and Venues

sts/trainpro/30/06/10

National Senior Squad

Coach: Dave Calleja

(Gym & Land Training Time TBC)

Monday	5.00 – 7.00	am	L.C	John Charles Centre for Sport (JCC)
Monday	4.30 – 6.30	pm	S.C	JCC
Monday	6.45 – 7.45	pm	Gym	Poolside
Tuesday	4.30 – 7.00	pm	L.C	JCC
Wednesday	5.00 – 7.00	am	L.C	JCC
Wednesday	4.30 – 6.30	pm	S.C	JCC
Wednesday	6.45 – 7.45	pm	Gym	Poolside
Thursday	4.30 – 7.00	pm	S.C	JCC
Friday	5.00 – 7.00	am	L.C	JCC
Friday	4.30 – 7.00	pm	L.C	JCC
Friday	6.45 – 7.45	pm	Gym	Poolside
Saturday	7.30 – 9.30	pm	L.C	JCC
Saturday	9.45 – 10.45	pm	Gym	Poolside

❖ 7.00 – 9.00 Available each morning at the discretion of the Chief Coach

National Youth Squad

**Coach: Richard Denigan
James Richards**

Monday	5.00 – 7.00	am	L.C	John Charles Centre for Sport (JCC)
Monday	4.30 – 6.30	pm	S.C	JCC
Tuesday	4.30 – 6.30	pm	L.C	JCC
Tuesday	6.30 – 7.15	pm	Gym	Poolside
Wednesday	5.00 – 7.00	am	L.C	JCC
Wednesday	4.30 – 6.30	pm	S.C	JCC
Thursday	4.30 – 6.30	pm	S.C	JCC
Thursday	6.30 – 7.15	pm	Gym	Poolside
Friday	5.00 – 7.00	am	L.C	JCC
Friday	4.30 – 6.30	pm	L.C	JCC
Sunday	3.00 – 4.00	pm	Gym	Poolside
Sunday	4.00 – 6.30	pm	L.C	JCC

National Age Group Squad**Coach: Alex Gray
Paul Cave
Alan Miller**

Monday	5.00 - 6.45	am	L.C	John Charles Centre for Sport (JCC)
Monday	5.30 - 7.00	pm	S.C	JCC
Tuesday	5.30 - 6.15	pm	Gym	Poolside
Tuesday	6.30 - 8.00	pm	L.C	JCC
Wednesday	5.00 - 6.45	am	L.C	JCC
Wednesday	6.30-8.00	pm	S.C	JCC
Thursday	5.30 - 6.15	pm	Gym	Poolside
Thursday	6.30 - 8.00	pm	S.C	JCC
Friday	5.00 - 6.45	am	L.C	JCC
Friday	6.30 - 8.30	pm	L.C	JCC
Sunday	4.00 - 6.00	pm	L.C	JCC
Sunday	6.00 - 6.45	pm	Gym	Poolside

Regional Youth Squad**Coach: Alan Hutchinson****(Gym and Land Training Time Included)**

Sunday	5.30 - 6.30	pm	Gym	East Leeds Leisure Centre
Sunday	6.30 - 8.00	pm	S.C	East Leeds Leisure Centre
Monday	5.00 - 6.45	am	L.C	John Charles Centre for Sport (JCC)
Monday	7.30 - 9.00	pm	S.C	JCC
Tuesday	7.00 - 8.30	pm	S.C	Fearnville Sports Centre
Wednesday	5.00 - 6.45	am	L.C	JCC
Thursday	5.00 - 6.45	am	L.C	JCC
Thursday	7.00 - 8.30	pm	S.C	East Leeds Leisure Centre
Friday	5.00 - 6.45	am	S.C	JCC
Friday	6.00 - 6.45	pm	Gym	Poolside Gym
Friday	7.00 - 8.30	am	L.C	JCC

Regional Senior Squad**Coach: Sue Barker**

Sunday	5.00 - 7.00	pm	S.C	Armley Leisure Centre
Monday	8.00 - 9.30	pm	S.C	John Charles Centre for Sport (JCC)
Tuesday	8.30 - 10.00	pm	S.C	Fearnville Leisure Centre
Wednesday	7.00 - 8.30	pm	S.C	Kirkstall Leisure Centre
Thursday	5.00 - 6.30	am	L.C	JCC
Thursday	7.15 - 8.00	pm	Gym	Poolside JCC
Thursday	8.00 - 9.30	pm	S.C	JCC
Friday	7.15 - 8.00	pm	Gym	JCC
Friday	8.00 - 9.30	pm	SC	JCC

Competition Squad Central

Coach: Kevin Schofield

Sunday	6.00 - 7.30	pm	S.C	Kirkstall Leisure Centre
Monday	5.00 - 6.30	am	S.C	Pit JCC
Monday	5.30 - 6.15	pm	Gym	Pool Side JCC
Monday	6.30 - 7.30	pm	S.C	John Charles Centre for Sport (JCC)
Wednesday	6.30 - 7.30	pm	S.C	JCC
Thursday	5.00 - 6.30	am	S.C	JCC
Thursday	7.00 - 8.30	pm	L.C	JCC
Friday	7.30 - 9.00	pm	S.C	Armley Leisure Centre

Competition Squad East

**Coach: Ashley Carter
Sharon Barraclough**

Sunday	5.00 - 6.30	pm	S.C	East Leeds Leisure Centre
Monday	7.30 - 8.30	pm	S.C	John Charles Centre for Sport (JCC)
Tuesday	7.00 - 8.30	pm	S.C	East Leeds Leisure Centre
Thursday	5.00 - 6.30	am	L.C	JCC
Thursday	7.30-9.00	pm	S.C	Armley LC
Friday	7.00 - 8.30	pm	S.C	East Leeds Leisure Centre

Competition Squad West

Coach: Jeff Colvin

Monday	7.30 - 8.30	pm	S.C	John Charles Centre for Sport (JCC)
Tuesday	5.30 - 7.00	pm	S.C	Bramley Baths
Wednesday	5.30 - 7.00	pm	S.C	Bramley Baths
Thursday	5.00 - 6.30	am	L.C	JCC
Thursday	5.30 - 7.00	pm	S.C	Bramley Baths
Sunday	3.45 - 4.30	pm	Gym	Studio JCC
Sunday	4.30 - 6.30	pm	L.C	JCC

Development Squad Central

**Coach: Lyn Hughes
Kevin Schofield**

Sunday	4.00 - 5.00	pm	S.C
Monday	6.30 - 7.30	pm	S.C
Tuesday	7.00 - 8.00	pm	S.C
Thursday	7.00 - 8.00	pm	S.C
Friday	6.30 - 7.30	pm	S.C

Armley Leisure Centre
John Charles Centre for Sport (JCC)
Kirkstall Leisure Centre
Kirkstall Leisure Centre
Armley Leisure Centre

Development Squad East

Coach: Nathan Reynard

Sunday	3.30 - 5.00	pm	S.C
Monday	5.30 - 6.30	pm	S.C
Tuesday	6.00 - 7.00	pm	S.C
Thursday	6.00 - 7.00	pm	S.C

East Leeds Leisure Centre
John Charles Centre for Sport (JCC)
East Leeds Leisure Centre
East Leeds Leisure Centre

Development Squad West

Coach: Marcin Pilinski

Sunday	5.00 - 6.00	pm	S.C
Monday	6.30 - 7.30	pm	S.C
Wednesday	7.00 - 8.00	pm	S.C
Thursday	6.30 - 7.30	pm	S.C

Pudsey Leisure Centre
John Charles Centre for Sport (JCC)
Armley Leisure Centre
Armley Leisure Centre

Development Squad North

**Coach: Elysha Wallis
Janet Speed**

Sunday	5.00 - 6.30	pm	S.C
Monday	7.00 - 8.00	pm	S.C
Tuesday	6.00 - 7.00	pm	S.C
Friday	7.00 - 8.30	pm	S.C

Scott Hall Sports Centre
John Charles Centre for Sport (JCC)
Fearnville Leisure Centre
Scott Hall Sports Centre

E GROUPS

Elite 'E' Group

Coach: Paul Cave

Armley Sport & Leisure Centre

Saturday 8.00 - 9.00 am (By invitation only at certain times of the year)

Aireborough Leisure Centre

Coach: Josephine Reason

Sunday 5.00 - 6.30 pm
Tuesday 5.00 - 6.00 pm
Friday 5.00 - 6.00 pm

East Leeds Leisure Centre

Coach: Ed Brook Christmas

Sunday 3.30 - 5.00 pm
Tuesday 6.00 - 7.00 pm
Thursday 6.00 - 7.00 pm

John Smeaton Sports Centre

Coach: John Dudley

Tuesday 6.00 - 7.00 pm
Thursday 6.00 - 7.00 pm
Sunday 5.00 - 6.00 pm

Kippax Sports Centre

Coach: Malcolm Wood

Sunday 3.00 - 4.30 pm
Wednesday 6.45 - 7.45 pm
Thursday 6.10 - 7.10 pm

Kirkstall Leisure Centre

Coach: Kayleigh Colvin

Sunday 5.00 - 6.00 pm
Tuesday 7.00 - 8.00 pm
Thursday 7.00 - 8.00 pm

Morley Leisure Centre**Coach: Tim Roberts****(South Leeds Sports Centre until new Morley pool is completed)**

Sunday 6.00 - 7.00 pm
Wednesday 7.30 - 8.30 pm
Friday 8.00- 9.00 pm

North Leeds**Coach: Kevin Schofield**

Sunday 5.00 - 6.30 pm
Tuesday 6.00 - 7.00 pm
Friday 7.00 - 8.30 pm

Scott Hall Sports Centre
Fearnville Leisure Centre
Scott Hall Sports Centre

Pudsey Leisure Centre**Coach: Marcin Pilinski**

Sunday 6.00 - 7.00 pm
Wednesday 7.00 - 8.00 pm
Friday 6.30 - 8.00 pm

Rothwell Sports Centre**Coach: Russ Vickers
Emma Robshaw**

Sunday 4.00 - 6.00 pm
Tuesday 6.30 - 7.30 pm
Thursday 6.15 - 7.15 pm (1/2 Pool)

Wetherby Swimming Pool**Coach: Suzanne Kendall-Smith
Charlotte McArthur**

Sunday 4.30 - 6.00 pm
Wednesday 5.00 - 6.00 pm
Friday 5.00 - 6.00 pm

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