

## BASC TRAINING SCHEDULES

Last Update 11th OCT 2019

 PRE-SQUAD	JUNIOR SQUAD	SENIOR SQUAD	PERFORMANCE SQUAD
<b>MONDAY</b> 6pm - 6.30pm plus 6.30pm - 7pm	6pm - 7pm	7pm - 8.30pm (invitation only - free)	4pm - 6pm
<b>Venue</b> Trinity 1610	Trinity 1610	Trinity 1610	Trinity 1610
<b>TUESDAY</b> 6pm - 6.30pm			4pm - 6pm
<b>Venue</b> Quantock Lodge			Trinity 1610
<b>WEDNESDAY</b> 6pm - 6.30pm plus 6.30pm - 7pm	6pm - 7pm	7pm - 8.30pm	7pm - 8.30pm (optional at extra cost)
<b>Venue</b> Quantock Lodge	Quantock Lodge	Quantock Lodge	Quantock Lodge
<b>THURSDAY</b> 6pm - 6.30pm		7pm - 8pm (invitation only free)	4pm - 6pm
<b>Venue</b> Trinity 1610		Trinity 1610	Trinity 1610
<b>FRIDAY</b> 6pm - 6.30pm	6.30pm - 7.30pm	7.30pm - 9pm	6.30pm - 8.30pm
<b>Venue</b> Trinity 1610	Trinity 1610	Trinity 1610	Trinity 1610

**JUNIOR LINK** - Attend pre-squad training as above plus 6pm - 7pm on a Wednesday at Quantock Lodge in place of the half hour session for pre-squad.

**SQUAD LINK** - Attend junior squad training plus can choose either Wed 7pm - 8.30pm at Quantock or Fri 7.30pm - 9pm at Trinity 1610 instead of usual junior squad sessions on those days

**PERFORMANCE LINK** - Attend senior squad training plus Fri 6.30pm - 8.30pm at Trinity 1610 instead of usual squad sessions on a Friday

**MORNING TRAINING** - Available to junior/senior squad and performance Tues & Fri 6am - 7.30am at Trinity 1610 (optional at extra cost)

**LAND TRAINING** - Available to junior/senior squad and performance Tues 6.30pm - 7.30pm at Trinity 1610 (optional and free)

## BASC PRICE STRUCTURE

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 	MONTHLY FEE	ADDITIONAL MONTHLY CHARGES	NOTE
<b>Pre-Squad (also see note 1 below)</b>	£24	£12	Additional charge is for optional top up sessions
<b>Junior Link</b>	Pre squad monthly charge applies which is £24 <b>OR</b> £12 if eligible for discount per <b>note 1</b> below.	£14 if you get the 50% reduction on pre-squad <b>OR</b> £12 if you already pay £24 for pre-squad	Additional charge is for top up sessions
<b>Junior Squad</b>	£38		
<b>Squad Link</b>	£43		
<b>Senior Squad</b>	£48		
<b>Performance Link</b>	£53		
<b>Performance Squad</b>	£65	£14	Additional charge is for optional top up sessions

**Note 1** - If you already swim with 1610 or SASP, pre-squad fees are reduced by 50% on production of proof.