



What Happens After Swim Skills 4 & Club Ready?

Aberdeen ASC is in a unique position, in that several options are available to swimmers when they finish Swim Skills 4 and Club Ready.

If being promoted from SS4:

Competitive Swimming in A Squad

Training starts with 2 out of 3 sessions a week, Friday 5.45-6.45pm, Saturday 3.00-4.00pm (ASV) and Sunday 3.00-4.00pm (ASV).

Contact: aberdeenasheadcoach@gmail.com

Remain in LTS and move up to Club Ready

Swimmers have the option to continue once a week, Tuesday 4.30-5.30pm, Wednesday 5.15-6.15pm, Saturday 3.00-4.00pm or 4.00-5.00pm or Sunday 12.20-1.20pm

Contact: aberdeenlts@yahoo.co.uk

Remain in Swim Skills 4 until end of term

Nothing changes

If being promoted from Club Ready:

Competitive Swimming in A Squad

Training starts with 2 out of 3 sessions a week, Friday 5.45-6.45pm, Saturday 3.00-4.00pm (ASV) and Sunday 3.00-4.00pm (ASV).

Contact: aberdeenasheadcoach@gmail.com

Junior Fitness

Contact: aberdenasheadcoach@gmail.com

Lifesaving

Contact: aberdeen_lifesaving@outlook.com

Water Polo

Contact: aberdeenwaterpolo@gmail.com

Remain in Club Ready until completed/end of term

Nothing changes

Swimmers leaving Swim Skills 4 or Club Ready are welcome to come and watch any of these activities, to see if they would like to join.