

Farnham Swimming Club has a tiered squad system with at least one coach dedicated to each squad. The swimmers start off with a half to one hours swimming per week and they progress through the squads as their fitness, technique and speed improve. The top swimmers can have at least 15 ¼ hours of pool time a week, enabling them to compete at National level.

The current times that each squad swim are shown below.

Farnham Minnows ½ hour per week

Day	Squad	Location	Time
Sunday	Farnham Minnows	Farnham Sports Centre	17:00-19:00 (4 x30min)

Tadpoles 1 ¼ hours per week

Day	Squad	Location	Time
Sunday	Tadpoles	Farnham Sports Centre	17:00-17:45
Tuesday	Tadpoles	Farnham Sports Centre	18:00-18:30

Frogs 1 ¾ hours per week

Day	Squad	Location	Time
Sunday	Frogs	Farnham Sports Centre	17:45-18:30
Tuesday	Frogs	Farnham Sports Centre	18:30-19:30

Newts 5 hours per week

Day	Squad	Location	Time
Sunday	Newts	Farnham Sports Centre	18:30-19:45
Monday	Newts	Farnham Sports Centre	06:30-07:45
Wednesday	Newts	Aldershot Garrison	19:00-20:00
Thursday	Newts	Farnham Sports Centre	19:00-20:30

Barracudas 4 ¼ hours per week

Day	Squad	Location	Time
Sunday	Barracudas	Aldershot Garrison	20:30-21:30
Wednesday	Barracudas	Farnham Sports Centre	19:00-20:00
Saturday	Barracudas	Aldershot Lido	08:00-10:15

Dolphins Up to 8 ¾ hours per week

Day	Squad	Location	Time
Sunday	Dolphins	Farnham Sports Centre	18:30-19:45
Tuesday	Dolphins	Aldershot Lido	19:00-21:00
Thursday	Dolphins	Aldershot Lido	19:00-21:00
Friday	Dolphins	Farnham Sports Centre	06:30-07:45
Saturday	Dolphins	Aldershot Lido	08:00-10:15

Junior Performance 10 ¾ hours per week

Day	Squad	Location	Time
Sunday	Junior Performance Land Training	Farnham Sports Centre	18:30-19:15
Sunday	Junior Performance	Farnham Sports Centre	19:45-21:15
Monday	Junior Performance	Farnham Sports Centre	06:30-07:45
Tuesday	Junior Performance	Farnham Sports Centre	19:30-21:30
Wednesday	Junior Performance	Aldershot Garrison	19:00-21:00
Friday	Junior Performance	Farnham Sports Centre	06:30-07:45
Saturday	Junior Performance	Farnham Sports Centre	06:50-08:50

Sharks Up to 15 ¾ hours per week

Day	Squad	Location	Time
Sunday	Sharks Land Training	Farnham Sports Centre	18:45-19:30
Sunday	Sharks	Farnham Sports Centre	19:45-21:15
Monday	Sharks	Farnham Sports Centre	06:30-07:45
Monday	Sharks	King Edwards College	18:45-20:30
Tuesday	Sharks	Farnham Sports Centre	19:30-21:30
Wednesday	Sharks (National Sharks by invite)	Farnham Sports Centre	06:30-07:45
Thursday	Sharks	Aldershot Garrison	19:00-21:00
Friday	Sharks	RAF Odiham	18:30-20:30
Friday	Sharks	Farnham Sports Centre	06:30-07:45
Saturday	Sharks	Farnham Sports Centre	06:50-08:50