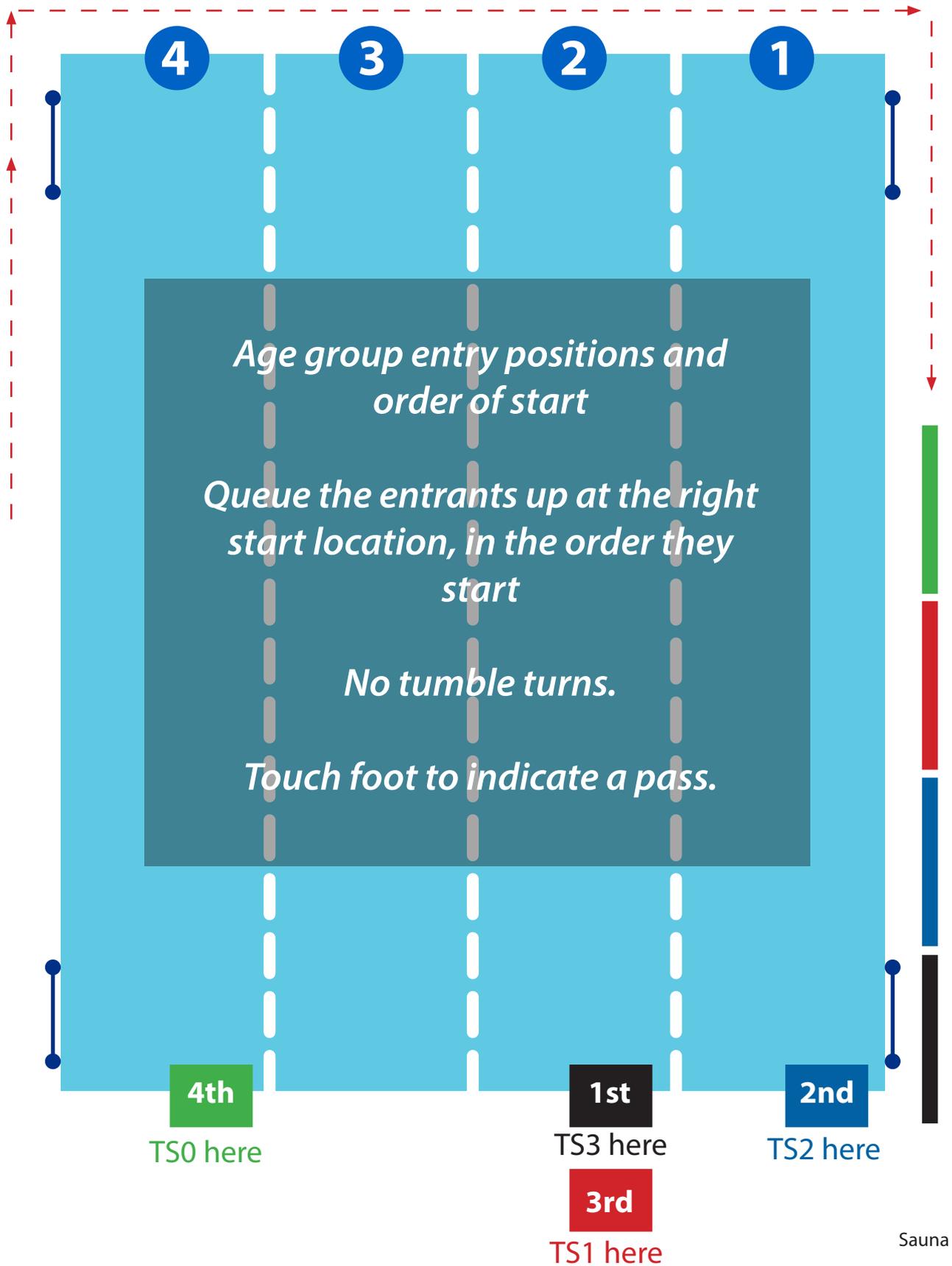
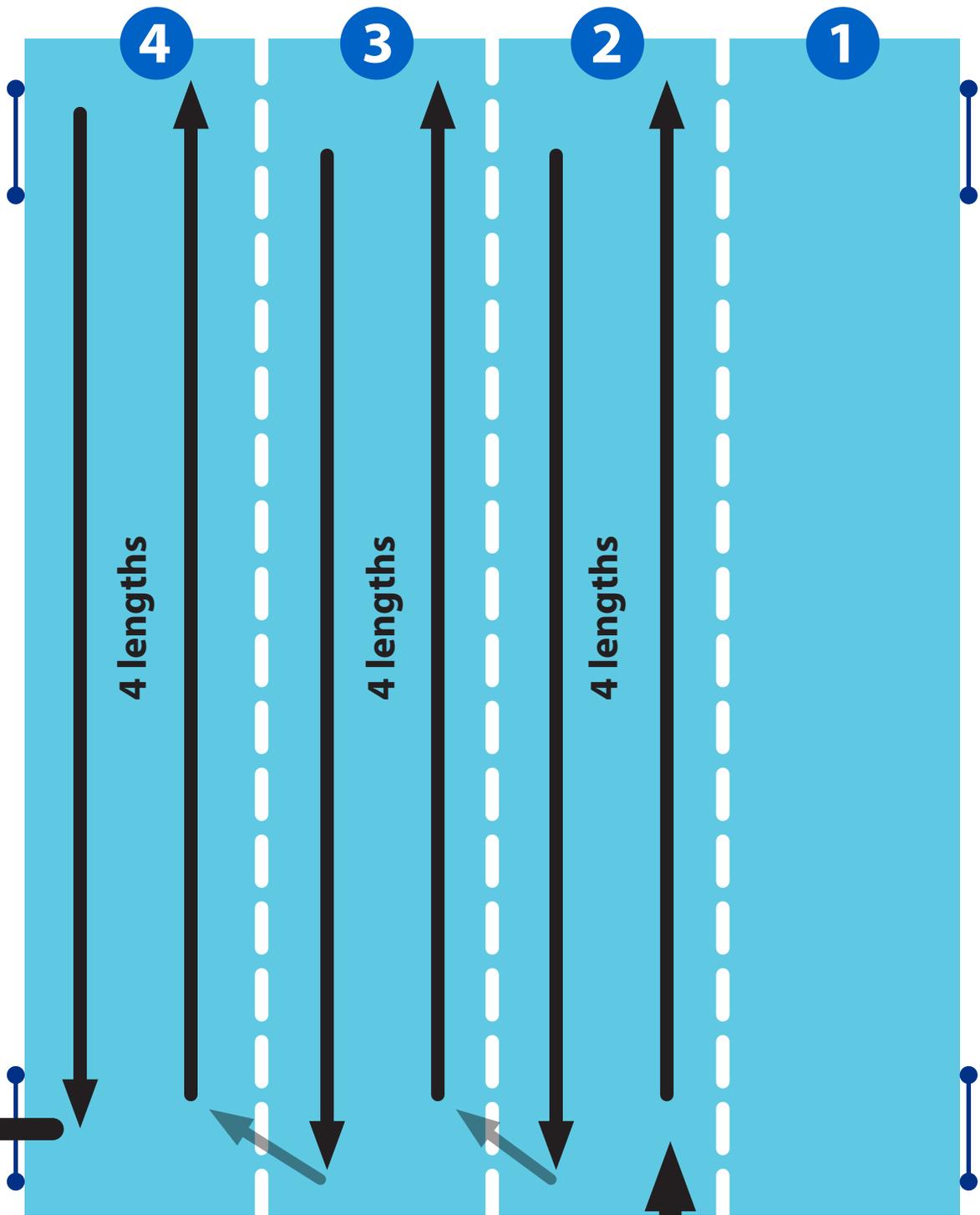


Swimming Layout



Check you have a number visible.

Swimming Layout



TS3 - Age 13-14

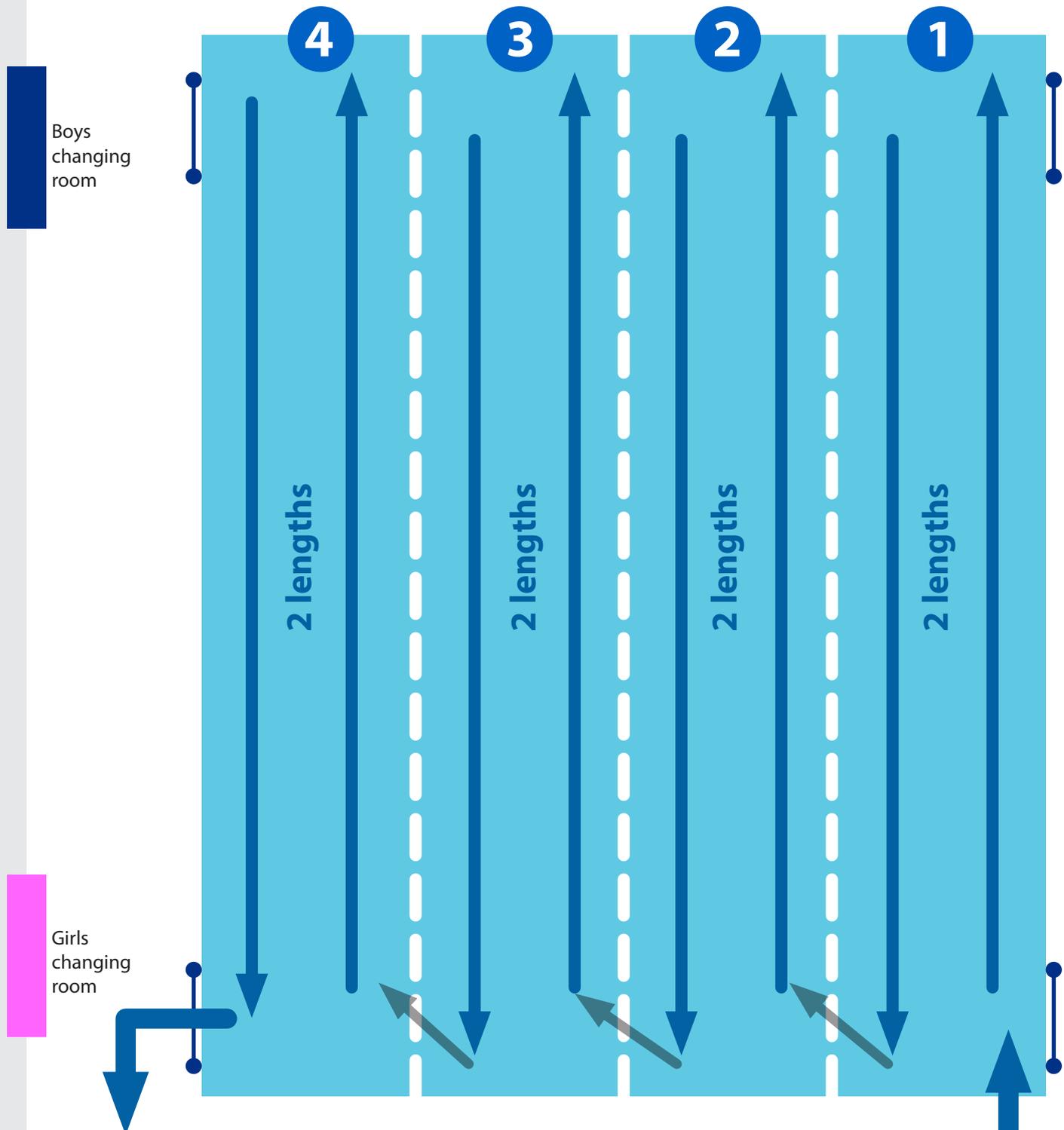
4 lengths in each lane

12 x 25m = 300m total

Count lengths then duck under
to next lane

Sauna

Swimming Layout



TS2 - Age 11-12

2 lengths in each lane

8 x 25m = 200m total

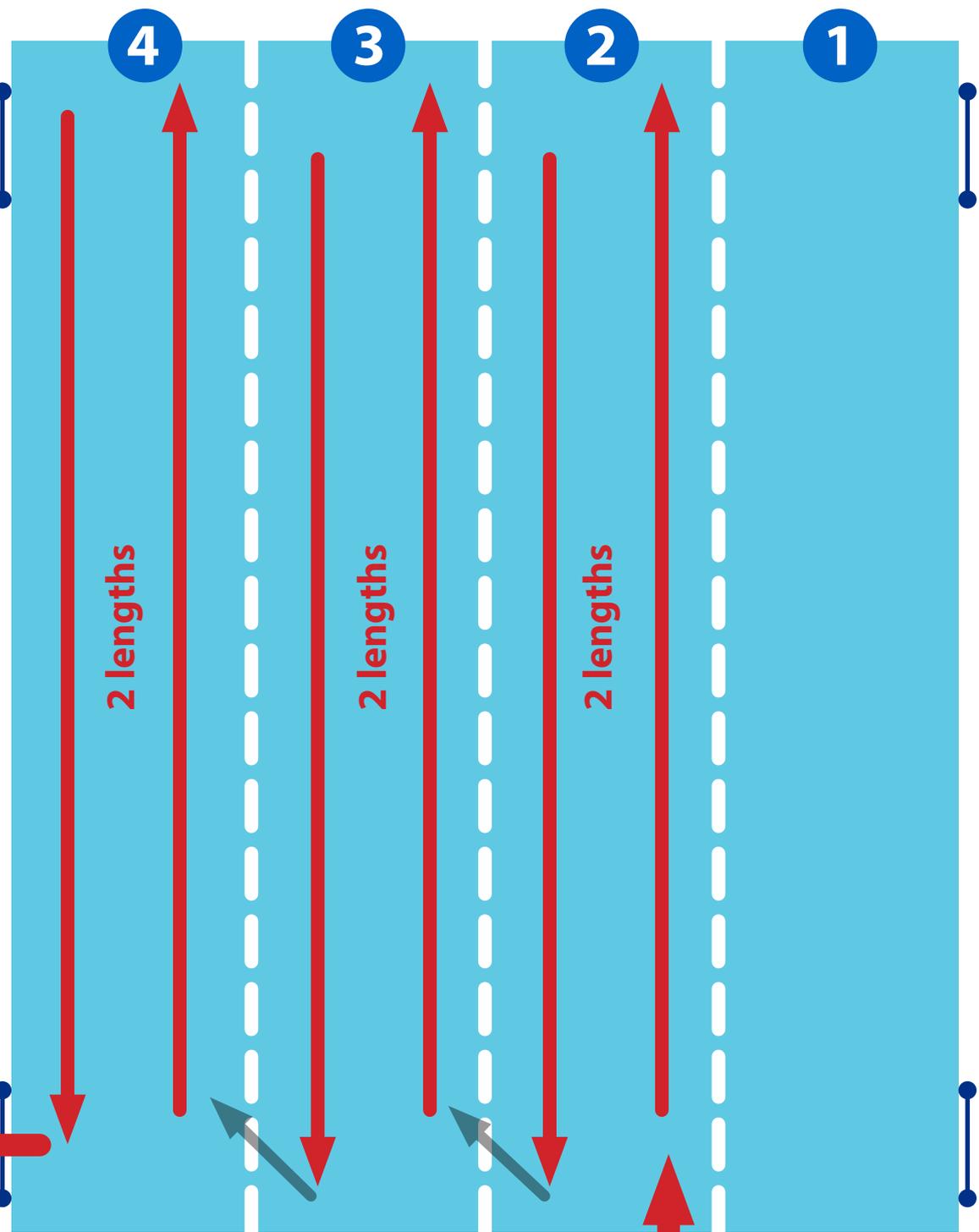
Sauna

Up and back then duck under to next lane

Swimming Layout

Boys
changing
room

Girls
changing
room



OUT

TS1 - Age 9-10

IN

2 lengths in each lane

6 x 25m = 150m total

Sauna

Up and back then duck under to next lane





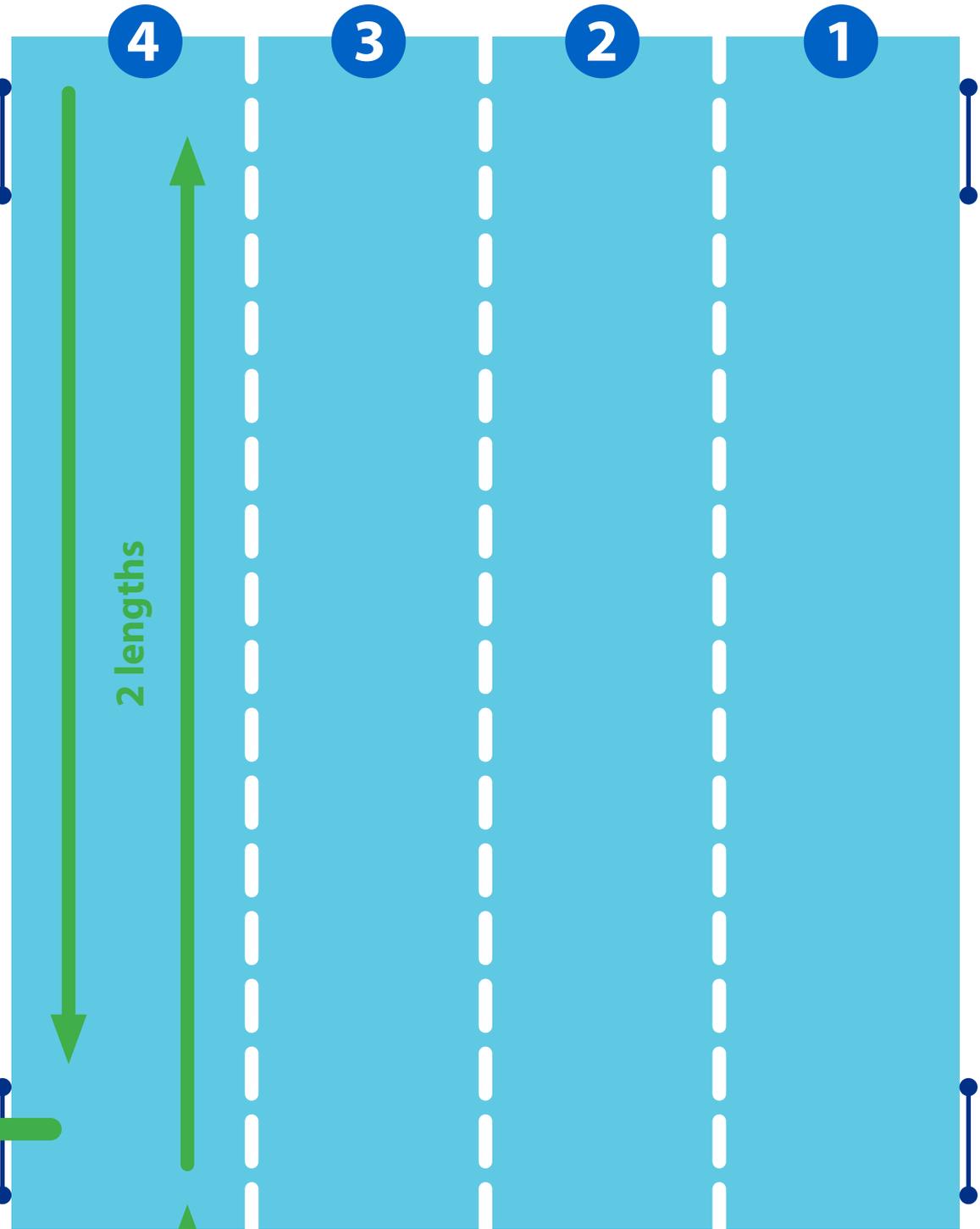
Swimming Layout

Boys changing room

Boys changing room

Girls changing room

Girls changing room



OUT

IN

TS0 - Age 8

2 lengths

2 x 25m = 50m total

Sauna

Up and back then out