

LPS SWIMMING - SQUAD TIMETABLE (FEBRUARY 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am - 6.45am	Adults	Adults	Adults	Adults	Adults	Adults 6am - 6.45am
6.45am - 7.45am	Senior	Senior	Senior	Senior	Senior	Senior
7.45am - 8.30am	Intermediate	Intermediate	Joint Junior & Intermediate	Joint Junior & Intermediate	Joint Junior & Intermediate	Intermediate
						lane rope change
						Junior 8.40 - 9.30am
						Mini 9.30 - 10.10am
3.15pm - 3.55pm	Mini	Mini	Mini	Mini	Joint Mini & Junior	
3.55pm - 4.35pm	Junior	Junior	Junior	Junior		
4.35pm - 5.20pm	Intermediate	Intermediate	Intermediate	Intermediate		
5.20pm - 6.35pm	Competition & Development Squad	Competition (with Dryland) Squad	Competition & Development Squad	Competition Squad		
6.35pm - 7.30pm	Troika Squad	Duo Squad	Troika Squad	Duo Squad		
	Troika Squad is open to Seniors, Intermediates and Ex-students					
	Duo Squad is open to Seniors and Ex-students					