

LPS SWIMMING - SQUADS TIMETABLE (FEBRUARY 2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.45am - 8.30am	Adults 5.45am-6.45am	Adults 5.45am-6.45am	Adults 5.45am-6.45am	Adults 5.45am-6.45am	Adults 5.45am-6.45am	Adults 6am - 6.45am
	Senior 6.45am-7.45am	Senior 6.45am-7.45am	Senior 6.45am-7.45am	Senior 6.45am-7.45am	Senior 6.45am-7.45am	Senior 6.45am-7.45am
	Pre-Senior / Intermediate	Pre-Senior / Intermediate	Pre-Senior / Intermediate	Pre-Senior / Intermediate	Pre-Senior / Intermediate	Pre-Senior / Intermediate
						lane rope change
						Junior 8.40 - 9.30am
						Mini 9.30 - 10.10am
3.15pm - 3.55pm	Mini	Mini	Mini	Mini		
3.55pm - 4.35pm	Junior	Junior	Junior	Junior		
4.35pm - 5.20pm	Intermediate	Intermediate	Intermediate	Intermediate		
	Development 5.20-6.35pm	Development + dryland 5.20-7.00pm	Development 5.20-6.35pm	Development + dryland 5.20-7.00pm		
6.35pm - 7.30pm	Troika Squad	Troika Squad (invite only)	Troika Squad	Troika Squad (invite only)		

PLEASE NOTE:

Pre-Seniors aged 10yrs+ must swim Mon/Tue
Intermediates aged 9yrs+ must swim mornings & only one afternoon
Development must swim Seahorses Term 1 & Term 4
New to Development
Development incl. dryland (experienced swimmers only)
Troika open to older swimmers (10 yrs+ & Snr level or high school)