

Update Groups Training Schedule (March 14, 2020)

Groups		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Competitive	Jr ELITE	AM	5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)		5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)		5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)	
		PM	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)		Weight (TBC)	3:15-3:45 (Act) 3:50-4:50 (Swim)	
	Jr Nat	AM	5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)		5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)		5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)	
		PM		4:00-4:10 (Act) 4:10-6:00 (Swim)		4:00-4:10 (Act) 4:10-6:00 (Swim)		
	Junior Dev A	AM			**Optional 5:30-5:50 (Act) 5:50-7:50 (Swim)			
		PM	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)		4:00-4:10 (Act) 4:10-6:00 (Swim)	
	Jr Youth	AM			5:20-5:30 (Act) 5:30-7:30 (Swim) 7:30-7:45 (Dry)			
		PM	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	**Optional 4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	
	Prospect Nat	PM	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	
	Prospect Dev A	PM	4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)		4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	
	Pre competitive	Dev B or Skills	PM	4:00-4:10 (Act) 4:10-6:00 (Swim)		4:00-4:10 (Act) 4:10-6:00 (Swim)	4:00-4:10 (Act) 4:10-6:00 (Swim)	
		Lawson Pre Comp	PM	4:45-5:00 (Act) 5:00-6:00 (Swim)	4:45-5:00 (Act) 5:00-6:00 (Swim)		4:45-5:00 (Act) 5:00-6:00 (Swim)	
Gold		PM	4:30-4:45 (Act) 4:45-6:00 (Swim)		4:30-4:45 (Act) 4:45-6:00 (Swim)	4:30-4:45 (Act) 4:45-6:00 (Swim)		
Silver		PM	4:30-4:45 (Act) 4:45-6:00 (Swim)		4:30-4:45 (Act) 4:45-6:00 (Swim)	4:30-4:45 (Act) 4:45-6:00 (Swim)		
Bronze M/W		PM	4:30-4:45 (Act) 4:45-6:00 (Swim)		4:30-4:45 (Act) 4:45-6:00 (Swim)			

All training will be at the Lawson until April 30, 2020

All Dry Land from 6:05 to 6:30pm will be cancelled

If the Lawson close, all training groups will be suspended until the pool reopen

Please let me know if you have any question: tissira@me.com