



**LANCING COLLEGE SWIMMING CLUB**

<b>PERFORMANCE SQUAD 14.5 HRS</b>	AM	PM
Monday	5.30-7.30am	4-5.30pm
Tuesday	5.30-7.30am	
Wednesday	5.30-7.30am	
Thursday	5.30-7.30am	6.30-8.00pm
Friday		4-5.30pm
Saturday	5.30-7.30am	
Sunday		
<b>COUNTY AGE GROUP SQUAD 12 HRS</b>	AM	PM
Monday	6-7.30am	4-5.30pm
Tuesday	6-7.30am	
Wednesday	6-7.30am	
Thursday	6-7.30am	6.30-8.00pm
Friday		4-5.30pm
Saturday	6-7.30am	
Sunday		
<b>COUNTY DEVELOPMENT SQUAD 9.5 HRS</b>	AM	PM
Monday	6-7.30am	5.30-6.30pm
Tuesday	6-7.30am	
Wednesday	6-7.30am	
Thursday	6-7.30am	6.30-8.00pm
Friday		5.30-6.30pm
Saturday	6-7.30am	
Sunday		

**CLUB SQUAD & SENIOR SCHOOL SWIMMERS (continued skill/ stroke development for fitness rather than competitive)**

Day	PM	PM
Monday		5.30-6.30PM
Tuesday	2-3.25pm (School pupils only)	
Wednesday		
Thursday	2.20-3.30pm (5 <sup>th</sup> &6 <sup>th</sup> form School only)	
Friday	4-5.30pm (senior school)	5.30-6.30pm
Saturday		
Sunday		