|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SQUAD | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| S | 06:00 – 07:00 | 06:15 – 07:30 | 19:30 – 21:30 | 19:15 – 21:15 | 18:00 – 19:00 | 07:30 – 09:30 | 15:00 – 17:30 |
|  | | | | | | | |
| E | 06:00 – 07:00 | 06:15 – 07:30 | 19:30 – 21:30 | 19:15 – 21:15 | 18:00 – 19:00 | 07:30 – 09:30 | 15:00 – 17:30 |
|  | | | | | | | |
| A | 06:00 – 07:00 | 06:15 – 07:30 | 19:30 – 21:30 | 19:15 – 21:15 | 18:00 – 19:00 | 07:30 – 09:30 | 15:00 – 17:30 |
|  | | | | | | | |
| B | 06:00 – 07:00 | 06:15 – 07:30 | 19:30 – 21:00 | 19:15 – 21:15 |  | 07:30 – 09:00 | 15:30 – 17:30 |
|  | | | | | | | |
| C | 06:00 – 07:00 | 06:15 – 07:30 | 19:30 – 21:00 |  |  | 07:30 – 09:00 | 15:30 – 17:30 |
|  | | | | | | | |
| D |  | 06:15 – 07:30 | 18:50 – 19:30 |  |  | 07:30 – 09:00 | 15:30 – 16:30 |
|  | | | | | | | |
| LTS |  |  |  |  |  |  | 15:00 – 17:30 |

|  |  |  |
| --- | --- | --- |
| LTS SESSION | 25m POOL | SMALL POOL |
| 15:00 – 15:30 | 30 mins (4 lanes) | 30 mins |
|  | | |
| 15:30 – 16:00 |  | 30 mins |
|  | | |
| 16:00 – 16:30 | 30 mins (1 lane) |  |
|  | | |
| 16:30 – 17:00 | 30 mins (1 lane) |  |
|  | | |
| 17:00 – 17:30 | 30 mins (1 lane) |  |