

2023-24 LASC Weekly Training Schedule

All Practices at Max Bell Aquatic Centre at the University of Lethbridge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National 7+/week		6:00-7:00 am		6:00-7:00 am		8:00-9:30 am
	3:45-6:30 pm*	3:45-5:15 pm	3:45-6:30 pm*	3:45-5:15 pm	2:15-5:00 pm*	
Jr National 5-6/week				6:00-7:00 am		8:00-9:30 am
	3:45-5:15 pm	3:45-6:30 pm*		3:45-6:30 pm*	2:30-5:00 pm*	
Provincial 4-5/week						9:30-10:45 am
	4:30-6:15 pm*	5:00-6:15 pm		4:30-6:15 pm*	4:15-6:00 pm*	
Olympic Way 3-4/week						9:30-10:45 am
	5:15-6:15 pm		5:15-6:15 pm		5:00-6:00 pm	
Jr Horns Gold 2/week						
	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm		
Jr. Horns Blue 2/week						
	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm		

Swimmers should be on deck 10-15 minutes before training start times

* Times include dryland training

* **National** group dryland is 5:30-6:30 pm on Monday & Wednesday and 2:15-3:15 pm on Friday (HP room)

* **Jr. National** group dryland is 5:30-6:30 pm on Tuesday & Thursday (HP room) and 2:30-3:15 pm on Friday (pool deck)

* **Provincial** group dryland is 4:30-5:00 pm on Monday & Thursday (pool deck) and 4:15-4:45 pm on Friday (pool deck)

Jr. Horns groups swim either Monday/Wednesday or Tuesday/Thursday