

2024-25 LASC Weekly Training Schedule - Revised August 20 Italics

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Academy		6:00-7:00 am**		6:00-7:00 am**		8:00-9:30 am
7+/week	2:30-5:15 pm	2:30-4:00 pm	2:30-5:15 pm	2:30-4:00 pm	2:30-4:00 pm	
National		6:00-7:00 am		6:00-7:00 am		8:00-9:30 am
7+/week	4:00-6:45 pm*	4:00-5:30 pm	4:00-6:45 pm*	4:00-5:30 pm	2:15-5:00 pm*	
Jr National				6:00-7:00 am		8:00-9:30 am
5+/week	4:00-6:45 pm*	4:00-6:30 pm*		4:00-5:30 pm	2:15-5:00 pm*	
Provincial						9:30-10:45 am
4-5/week	5:00-6:15 pm	4:15-6:15 pm*		4:15-6:15 pm*	4:15-6:00 pm*	
Olympic Way 1						9:30-10:45 am
3-4/week		5:15-6:15 pm		5:15-6:15 pm	5:00-6:00 pm	
Olympic Way 2						9:30-10:45 am
3-4/week	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** **** Academy** group option 7:00-8:15 am

*** Academy** group dryland is 4:15-5:15 pm on M/W and 1:15-2:15 pm on Fri (HP)

*** National** group dryland is 5:45-6:45 pm on M/W and 2:15-3:15 pm on Fri (HP)

*** Jr. National** group dryland is 5:45-6:45 pm on Mon and 2:15-3:15 pm on Fri (HP)

*** Provincial** group dryland is 4:15-4:45 pm on Mon & Thur (HP) and 4:15-4:45 pm on Fri (pool deck)

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