

2011 LOWER MORELAND LIGHTNING SWIMMING & DIVING

FALL TRAINING SCHEDULE

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HS PREP 3:30-5:00pm	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00
BLUE	5:00-6:00	OFF	5:00-6:00	OFF	6:30-7:30
WHITE	6:00-7:00	5:00-6:15	OFF	5:00-6:15	OFF
RED	7:00-8:30 (Optional)	6:15-8:00	6:00-8:00	6:15-8:00	5:00-6:30
NATIONAL*	7:00-8:30 *Mandatory	6:15-8:00	6:00-8:00	6:15-8:00	5:00-6:30
DRYLAND TRAINING HS age and up only	5:45-7:00	OFF	4:45-6:00	OFF	OFF
DIVING	OFF	8:00-9:30	OFF	8:00-9:30	By Announcement

SATURDAY MORNING TRAINING

Saturdays in September & October

RED/HS/NTG

8:00 - 10:30am

WHITE

10:30am - 12:00pm

WEEKDAY MORNING TRAINING - Beginning in OCTOBER

Tuesday/Thursday AM

RED/HS/NTG

6:00 - 7:15am