

## Lisburn City Swimming Club 2021 - 2022 Weekly Time Table

SQUAD		Mon	Tue	Wed	Thur	Fri	Sat	Sun
NSS	Morning	6.00 - 7.30am	6.00 - 7.30am		6.00 - 7.30am	6.00 - 7.30am	7.30 - 9.30am	9.00 - 11.00am
	Evening	5.00 - 6.30pm	4.45 - 6.30pm		4.45 - 6.15pm	5.00 - 6.30pm		
	Gym		6.30 - 7.30pm		6.30 - 7.30pm		9.15 - 10.15am	
NJS	Morning	6.00 - 7.30am	6.00 - 7.30am			6.00 - 7.30am	06.30 - 9.00am	
	Evening		5.30 - 7.15pm	5.00 - 6.30pm	6.45 - 8.00pm			
	Gym		4.30 - 5.30pm		5.30 - 6.30pm		9.15 - 10.15am	
AGS	Morning	6.00 - 7.30am		6.00 - 7.30am		6.00 - 7.30am		
	Evening		6.30 - 8.00pm	5.00 - 6.00pm	5.45 - 6.45pm		3.00 - 5.00pm	
	Gym		6.00 - 6.30pm	6.00 - 6.30pm				
SAG	Morning			6.00 - 7.30am			6.30 - 7.45am	9.00 - 10.00am
	Evening	5.00 - 6.00pm	7.15 - 8.15pm			5.00 - 6.00pm		
SAS	Morning						7.45 - 9.00am	9.00 - 10.00am
	Evening			5.00 - 6.00pm	4.45 - 6.00pm			
SAB	Morning							10.00 - 11.00am
	Evening		4.45 - 5.30pm		6.00 - 6.45pm			
CTS	Morning				6.00 - 7.30am			10.00 - 11.00am
	Evening		8.00 - 9.15pm					
Aqua Sprint	Evening				6.45 - 8.15pm			
Level 7	Evening	6.30 - 7.00pm		6.30 - 7.00pm		6.30 - 7.00pm		