TRAINING TIMETABLE

Age Group Regional Performance Squad

Monday	5.30 – 7am (Morning)	East Ham
Tuesday	5.30 – 7pm	LAC Competition Pool (CP)
	7 – 7.30pm (Land – Poolside)	LAC Competition Pool (CP)
Wednesday	5.30 – 7am (Morning)	East Ham
	5 – 7pm	LAC Competition Pool (CP)
Thursday	5.30 – 7.30pm	LAC Competition Pool (CP)
	7.45 – 8.45pm (Land – Pilates)	LAC Concourse
Friday	5.30 – 7am (Morning)	East Ham
	7 – 8.30pm	East Ham
Saturday	6.30 – 8am (Morning)	LAC Competition Pool (CP)
Sunday	7 – 8.30pm	LAC Competition Pool (CP)