



LANE COVE SQUADS TIMETABLE

Summer Season 2023-24



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	
Bronze	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O)	7:00-8:00 am (O) 4:00-5:00 pm (O) 5:00-6:00 pm (O)	
Silver	5:15-7:00 am (i) 5:00-6:30 pm (O)	5:00-6:30 pm	5:15-7:00 am (O) 5:00-6:30 pm (G&S)	5:00-6:30 pm	5:15-7:00 am (i) 5:00-6:30 pm (O)	5:15-7:00 am (Gym)
Gold	5:15-7:00 am (O) 5:00-6:30 pm (O)	5:15-7:00 am (O) 4:15-5:00 pm (Gym) 5:00-6:30 pm (Swim)	5:00-6:30pm (G&S)	5:15-7:00 am (O) 4:15-5:00 pm (Gym) 5:00-6:30 pm (Swim)	5:15-7:00 am (O)	5:15-7:00 am (O)
Swim Fit	5:30-7:00 am (O) 6:30-7:30 pm (O)	5:30-7:00 am (O) 8:00-9:00 am (O)	6:30-7:30 pm (O)	5:30-7:00 am (O) 8:00-9:00 am (O)	5:30-7:00 am (O) 6:30-7:30 pm (O)	

(i) Indoor Pool (O) Outdoor Pool (G&S) Gold & Silver Combined (Gym) Gym session prior to swim session