

Session Name	Ability	No.of Lanes	Day	Time	Duration
SATURDAY A.M	SQUAD	2	SATURDAY	8-9 A.M	1 HOUR
	IMPROVERS	3		8-9 A.M	1 HOUR
SATURDAY P.M	SQUAD/IMPROVERS	4	SATURDAY	6-7 P.M	1 HOUR
	DISABILITY	1		6-6.45 P.M	45 MINUTES
SUNDAY P.M	IMPROVERS	5	SUNDAY	6.15-7.15 P.M	1 HOUR
SUNDAY P.M	TRIALS	1	SUNDAY	7.15-8.00 P.M	45 MINS
	DIVES/TURNS	3		7.15-8.00 P.M	45 MINS
	TRANSITION	1		7.15-8.00 P.M	45 MINS
SUNDAY P.M	SQUAD	5	SUNDAY	8.00-9.00 P.M	1 HOUR
MONDAY P.M	IMPROVERS	5	MONDAY	7.00-8.00 P.M	1 HOUR
MONDAY P.M	SQUAD	5	MONDAY	8.00-9.00 P.M	1 HOUR
WEDNESDAY P.M	IMPROVERS LANE 5	1	WEDNESDAY	7.00-8.00 P.M	1 HOUR
	SQUAD	4		7.00-8.00 P.M	1 HOUR
	SQUAD	5		8.00-9.00P.M	1 HOUR