

## LITTLEHAMPTON SWIMMING CLUB POOL TIMETABLE EFFECTIVE 1<sup>st</sup> SEPTEMBER 2015

Squad	Hours	Fee	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ADLINGTON</b> (Foundation)	1.5	<b>£31</b>	OFF	OFF	OFF	OFF	<b>LSSC</b> 7pm-7.30pm	OFF	<b>ARENA</b> 4.30pm-5.30pm
<b>JACKSON</b> (Skill Development)	2	<b>£34</b>	OFF	<b>LSSC</b> 7.30pm-8.30pm	OFF	OFF	<b>LSSC</b> 7pm-8pm	OFF	OFF
<b>FOSTER</b> (Skill Development)	3.5	<b>£41</b>	OFF	<b>LSSC</b> 7.30pm-8.30pm	OFF	OFF	<b>LSSC</b> 7.30pm-8.30pm	OFF	<b>ARENA</b> 4.30pm-6pm
<b>JUNIOR POTENTIAL</b> (Part of Foster)	5	<b>£47</b>	OFF	<b>LSSC</b> 7.30pm-8.30pm	<b>ARENA</b> 7pm-8.30pm	OFF	<b>LSSC</b> 7.30pm-8.30pm	OFF	<b>ARENA</b> 4.30pm-6pm
<b>THORPE</b> (Age Group Squad)	4.5	<b>£45</b>	OFF	<b>LSSC</b> 8.30pm-10pm	<b>ARENA</b> 7pm-8.30pm	OFF	<b>LSSC</b> 8.30pm-10pm	OFF	OFF
<b>AGE GROUP PERFORMANCE</b> (Part of Thorpe)	8	<b>£58</b>	<b>LSSC</b> 8.30pm-10pm	<b>LSSC</b> 7.00pm-8.30pm	<b>ARENA</b> 7pm-8.30pm	OFF	<b>LSSC</b> 7pm-8.30pm	OFF	<b>ARENA</b> 5.30pm-7.30pm
<b>PHELPS</b> (Youth Squad)	4.5	<b>£45</b>	<b>LSSC</b> 8.30pm-10pm	<b>LSSC</b> 8.30pm-10pm	OFF	OFF	<b>LSSC</b> 8.30pm-10pm	OFF	OFF
<b>PHELPS +</b> (Youth Squad)	6.5	<b>£53</b>	<b>LSSC</b> 8.30pm-10pm	<b>LSSC</b> 8.30pm-10pm	<b>ALC</b> 6.30pm-8.30pm	OFF	<b>LSSC</b> 8.30pm-10pm	OFF	OFF
<b>YOUTH PERFORMANCE</b> (Part of Phelps)	11.5	<b>£70</b>	<b>LSSC</b> 8.30pm-10pm	<b>LSSC</b> 8.30pm-10pm	<b>ALC</b> 6.30pm-8.30pm	<b>ALC</b> 7.30pm-9pm	<b>LSSC</b> 8pm-10pm	OFF	<b>ALC</b> 7.30am-9am <b>ARENA</b> 6.00pm-7.30pm
<b>WEISSMULLER</b> (Masters)	1.5	<b>£11</b>	<b>LSSC</b> 8.30pm-10pm	OFF	OFF	OFF	OFF	OFF	OFF

**Please note:** The swim times are in-water start times. **ALL swimmers** are expected to be poolside 15 minutes beforehand (juniors – 10 minutes) to do pre-water mobility (dynamic stretching) and to be ready to start on time with all necessary equipment, drink & hats/goggles on. Senior swimmers are expected to spend 5-10 minutes stretching post-session.

Please also note that on the Sunday 4.30pm session we are not let into the changing rooms until 4.20pm and on the Wednesday 7pm session we cannot go poolside until 6.50pm to do pre-water.