

Pool/Squad Hours February 2022

Group	A	B	C	D	Transition
Tuesday AM	Lonsdale	Lonsdale			
	6:30 - 7:30	6:30 - 7:30			
	Dave/Lina	Dave/Lina			
	1:00				
Tuesday PM	Queens	Lonsdale			
	18:45 - 20:45	19:20-21:00			
	Camilla	Dave			
	2:00	1:40			
Wednesday	Lonsdale	Lonsdale	Lonsdale		
	20:00 - 21:00	19:00 - 20:00	18:05 - 19:00		
	Dave/Lina	Doug	Doug		
	1:00	1:00	0:55		
Friday	Lonsdale		Lonsdale	Lonsdale	
	19:35 - 21:15		18:35 - 19:35	18:35 - 19:35	
	Dave		Dave	Dave	
	1:40		1:00	1:00	
Saturday AM	Lonsdale	Lonsdale			
	08:20 - 10:20	08:20 - 10:20			
	Dave	Fran/Bal			
	2:00	2:00			
Sunday	Repton	Repton	Lonsdale	Lonsdale	Lonsdale
	18:00 - 20:00	18:00 - 20:00	16:55 - 18:55	15:20 - 16:50	14:15 - 15:15
	Doug	Fran/Bal	Dave/Lina	Dave/Lina	Dave/Lina
	2:00	2:00	2:00	1:30	1:00
Squad Totals	9:40	6:40	3:55	2:30	1:00