

NMS Tentative Swim Schedule

as of 20 April 2009

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Sunday	
Lane	Program Level	Coach	Program Level	Coach	Program Level	Coach	Program Level	Coach	Program Level	Coach	Program Level	Coach
13:00												
1											clinics	
2											clinics	
14:00												
1											clinics	
2											clinics	
15:00												
1											clinics	
2											clinics	
16:00												
1												
2												
3												
17:00					17:15	17:15						
1					PCAA 25min x 2	Monique	LTS C3	Monique				
2					LTS C1	Celine	LTS C3/C4	Tino				
3					LTS C4	Tino	LTS C4/C5	Lindsay				
18:00												
1					private	Monique	LTS C5	Tino	LTS C1	Lindsay		
2					LTS C1	Kerri-Ann	LTS A4	Monique	LTS C2	Kerri-Ann		
3					LTS C3	Celine			CST D	Celine		
19:00												
1			CST C	Monique	CST D	Monique			CST C	Beth		
2			CST C	Monique	CST C	Monique			CST C	Beth		
3			CST B	Karen	CST B	Karen			CST B	Karen		
4			CST B	Karen	CST B	Karen			CST B	Karen		
5			CST A/AA	Irina	CST A/AA	Irina			CST A/AA	Irina		
6			CST A/AA	Irina	CST A/AA	Irina			CST A/AA	Irina		
20:00									+30mins	+30mins		
1-6									CST A/AA	Irina		

LTS	Learn-To-Swim Program	
PCAA	- Parent and Child Aquatics Level A	C1-C6 - Children Levels 1 through 6
PCAB	- Parent and Child Aquatics Level B	A1-A6 - Adults Levels 1 through 6
CST	Competition Swim Training Program	
AA	- Advanced Level A	A-D - Levels A through D (Y) = Youth, age group 12 years & under (T) = Teens, age group 13 years & above
clinics	- pool lanes reserved for extra CST training	
--	Private Lessons	
Private	- individual swim instruction provided on request	- course fully booked, no more registrations accepted

Please note:

1. ARC LTS swimmers attending swim lessons starting 17:00 on Wednesdays are not allowed to enter the water before 17:15 but may already enter the pool-deck at 17:00 for warm-up.
2. CST swimmers should always arrive on the pool deck 15 minutes prior start of each training session (allocated time in the water) to be able to conduct a proper warm-up.