

# NMS Tentative Swim Schedule

Last updated: 20 February 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 C1	Monique				
2					LTS C3/C4	Tino	LTS C1/C2	Tino				
3							LTS C4	Lindsay				
18:00												
1					private	Monique	LTS C3/C4	Tino	CST D	Lindsay		
2					CST D	Kerri-Ann	LTS A4	Monique	CST D	Kerri-Ann		
3					CST D	Celine			CST D	Celine		
19:00												
1			CST C	Monique	CST C	Monique			CST C	Karen		
2			CST C	Monique	CST C	Monique			CST C	Karen		
3			CST B	Karen	CST B	Ole			CST B	Ole		
4			CST B	Karen	CST B	Ole			CST B	Ole		
5			CST B	Irina	CST A/AA	Irina			CST A/AA	Irina		
6			CST B	Irina	CST A/AA	Irina			CST A/AA	Irina		
20:00									+30mins	+30mins		
1-6									CST A/AA	Irina		

Legende:

<b>LTS</b>	<b>Learn-To-Swim Program</b>	
<b>PCAA</b>	- Parent and Child Aquatics Level <b>A</b>	<b>C1-C6</b> - Children Levels <b>1 through 6</b>
<b>PCAB</b>	- Parent and Child Aquatics Level <b>B</b>	<b>A1-A6</b> - Adults Levels <b>1 through 6</b>
<b>CST</b>	<b>Competition Swim Training Program</b>	
<b>AA</b>	- Advanced Level <b>A</b>	<b>A-D</b> - Levels <b>A through D</b> ( <b>Y</b> ) = Youth, age group 12 years & under ( <b>T</b> ) = Teens, age group 13 years & above
clinics	- pool lanes reserved for extra CST training	
--	<b>Private Lessons</b>	
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.