

LSC Swim Training Time

Updated: 1st Sept 2021



Monday: Location Friary Grange

Group: Junior Swimmers
5.00pm to 6.30pm
Groups 3 and 4

Monday: Location Snowdome

Group: Senior Swimmers
8.00pm to 10.00pm
Groups 1 and 2 and Masters

Tuesday: Location Friary Grange

Group: Junior and Seniors Swimmers
6.00pm to 7.30pm
Groups 2, 3 and 4

Tuesday: Location Friary Grange

Group: Senior Swimmers
7.30pm to 9.00pm
Group 1

Wednesday: Location Friary Grange

Group: Senior Swimmers (By Invitation)
7.00am to 8.00am
Group 1

Wednesday: Location Friary Grange

Group: Junior Swimmers
6.00pm to 7.30pm
Group 3 and 4

Wednesday: Location Oak Park

Group: Senior Swimmers
8.30pm to 10.00pm
Group 1 and 2

Thursday: Location Friary Grange

Group: Junior and Senior Swimmers
7.30pm to 9.00pm
Group 1,2,3,4

Saturday: Location Friary Grange

Group: Junior and Senior Swimmers
7.00am to 8.30
Group 1,2,3,4 and Masters

Sunday: Location SnowDome Tamworth

Group: Senior Swimmers
4.00pm to 6.00pm
Group 1



QR Code to LSC Website