



Monday Timetable							Members Lanes
ALSC 5:00-7:00		ALSC	ALSC	ALSC	ALSC	ALSC	ALSC
	07:00	09:00	Members	Members	Members	Members	Members
	09:00	12:00	Members	Members	Members	Members	Members
	12:00	15:00	Members	Members	Members	Members	Members
	1500		Seahorses	Seahorses			2 Lanes
	1530		Sea Turtles	Stingrays	Seals	Dolphins	2 Lanes
	1600		Sea Turtles	Stingrays	Seals	Dolphins	2 Lanes
	1630		Sharks	Orca's	Sharks	Orca's	2 Lanes
	1700		Sea Turtles	Stingrays	Seals	Dolphins	2 Lanes
	1730		Sea Turtles	Stingrays	Seals	Dolphins	2 Lanes
	1800		Sharks	Orca's	Adults	Adults	2 Lanes
	1830		ALSC	ALSC	ALSC	ALSC	2 Lanes
	1900		ALSC	ALSC	ALSC	ALSC	2 Lanes
	1930		ALSC	ALSC	ALSC	ALSC	2 Lanes
	2000		Fingal Tri	Fingal Tri	Fingal Tri		2 Lanes
	2030		Fingal Tri	Fingal Tri	Fingal Tri		2 Lanes
	2100		Members	Members	Members	Members	2 Lanes
Closed		22:00					