



Fall/Winter Session 2:

October 5 – November 20

Lawrence Park Swim Club



GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN
Senior FULL	4:15-6:00p	4:15-6:15p		4:15-6:15p	4:15-6:00p	8:30-10:00a	8:30-10:00a
Senior BLUE	4:15-6:00p		Dry: 5:15-6:30p	4:15-6:15p		8:30-10:00a	
Senior WHITE		4:15-6:15p	Dry: 5:15-6:30p		4:15-6:00p		8:30-10:00a
11-14 BLUE	6:00-7:15p		4:15-5:30p	6:15-7:30p		10:00-11:30a	12:15-1:45p
11-14 WHITE		6:15-7:30p	Dry: 6:30-7:30p			12:30-1:45p	10:00-11:15a
10 & U BLUE			5:30-6:30p		6:00-7:00p	11:30a-12:30p	1:45-2:45p
10 & U WHITE			6:30-7:20p			1:45-2:45p	11:15a-12:15p
MP #1		4:30-5:05p				10:00-10:35a	
MP #2		5:10-5:45p				10:40-11:15a	
MP #3		5:50-6:25p				11:20-11:55a	

TRAINING GROUP SCHEDULES

▶ Swimmers CANNOT Attend Practice if...

- ▶ They have a fever, dry cough, difficulty breathing, chills, headache, new loss of taste/smell.
- ▶ Anyone in their household has currently tested positive for COVID-19 or they've had "close contact" with anyone who has currently tested positive for COVID-19
- ▶ They have traveled to a "hot spot", per [PA Travel Guidelines](#) in the past 14 days

▶ Practice Arrival...

- ▶ **MASKS REQUIRED!**
- ▶ **Arrival Window:** 10-15 minutes prior to published start time!
- ▶ **Why Arrive 10 Minutes Early?:** Temperature taken at tent entrance, go directly in the heated tent, sweats off, caps on, coat back on until it's time to leave the tent. We want to get swimmers in the water right on time!
- ▶ **Leaving the Tent:** Bring your goggles + equipment with you! You will get right in the water from the tent and go to your assigned lane/end from the tent exit. See map on next page!

▶ Parents/Spectators...

- ▶ Are welcome to watch practice but will not be permitted inside the tents.
- ▶ Must wear a mask unless sitting 6 feet apart from others.
- ▶ Entering the facility must adhere to health based restrictions from the first section of this page.

WHEN & HOW TO COME TO PRACTICE

NOTES:

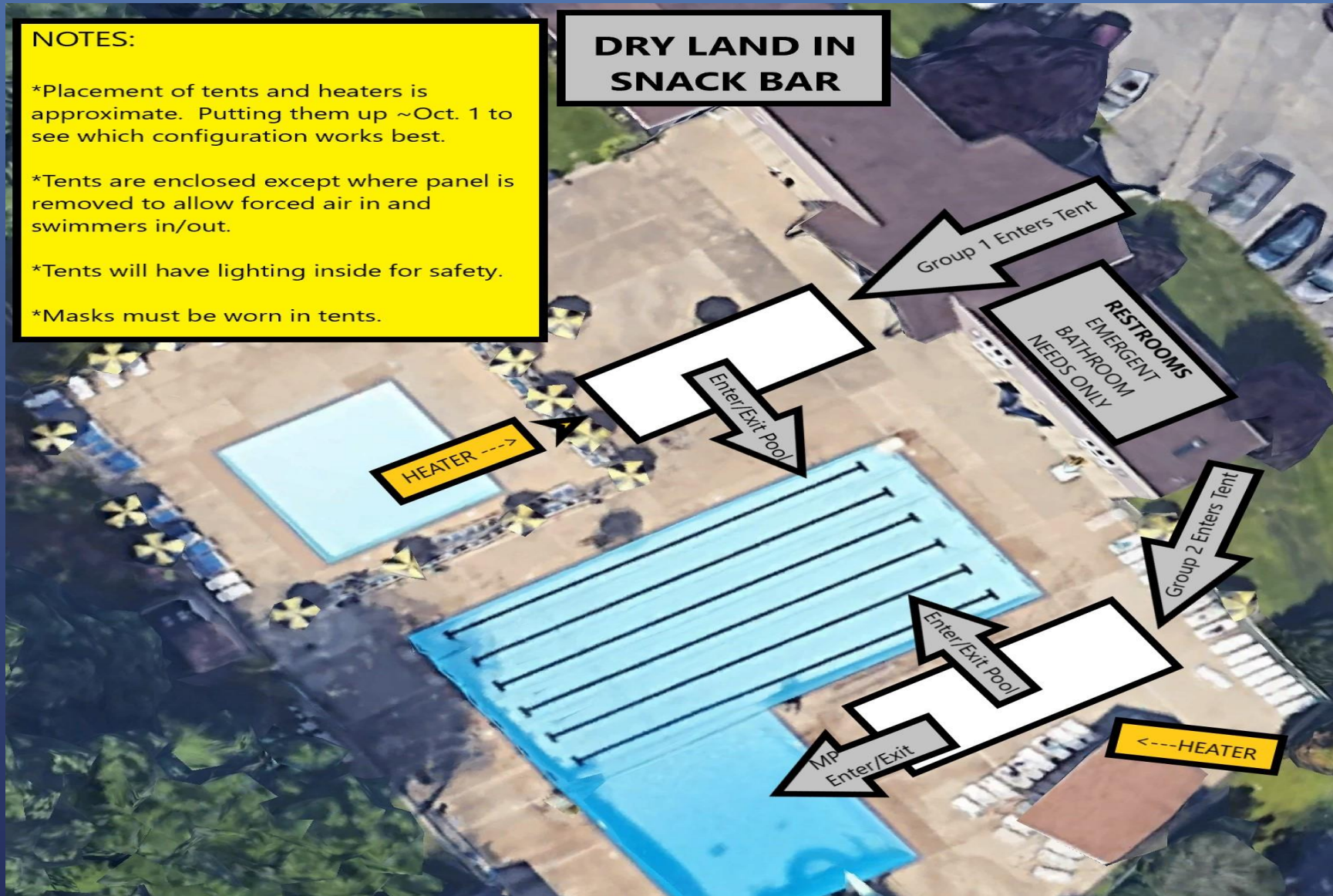
*Placement of tents and heaters is approximate. Putting them up ~Oct. 1 to see which configuration works best.

*Tents are enclosed except where panel is removed to allow forced air in and swimmers in/out.

*Tents will have lighting inside for safety.

*Masks must be worn in tents.

DRY LAND IN SNACK BAR



LPSC DECK SET UP

GROUP	COST	Registration/Payment
Senior FULL	\$360	<ul style="list-style-type: none"> • Should we need to stop before the 7 week session ends, a pro-rated credit will be given. • The schedule and procedures are subject to change based on updated local, state or federal health agency guidance. • Once All swimmers are firmly placed in groups, registration/payment will open online
Senior BLUE	\$235	
Senior WHITE	\$235	
11-14 BLUE	\$285	
11-14 WHITE	\$235	
10 & U BLUE	\$245	
10 & U WHITE	\$225	
MP #1, MP #2, MP #3	\$125	

TRAINING GROUP FEES