



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
- ▶ We will NOT be taking temperatures at the entrance; **when you (or your swimmer) enter the facility, you are certifying that you/they have followed all the above guidelines.**

▶ Practice Arrival/Departure...

- ▶ **MASKS REQUIRED!**
- ▶ **Arrival Window:** 10-15 minutes prior to published start time!
- ▶ **When You Arrive:** Go to your group's assigned tent; any coach can tell you; **masks must be worn in the tent**
- ▶ **Entering the Water:** 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.
- ▶ **Exiting the Water:** Once swimmers exit the water they should **put masks back on immediately**, dry off and get dressed (clothes on over suit) in the tent.
- ▶ **Locker Rooms:** Limited to bathroom/emergency use only

▶ 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:

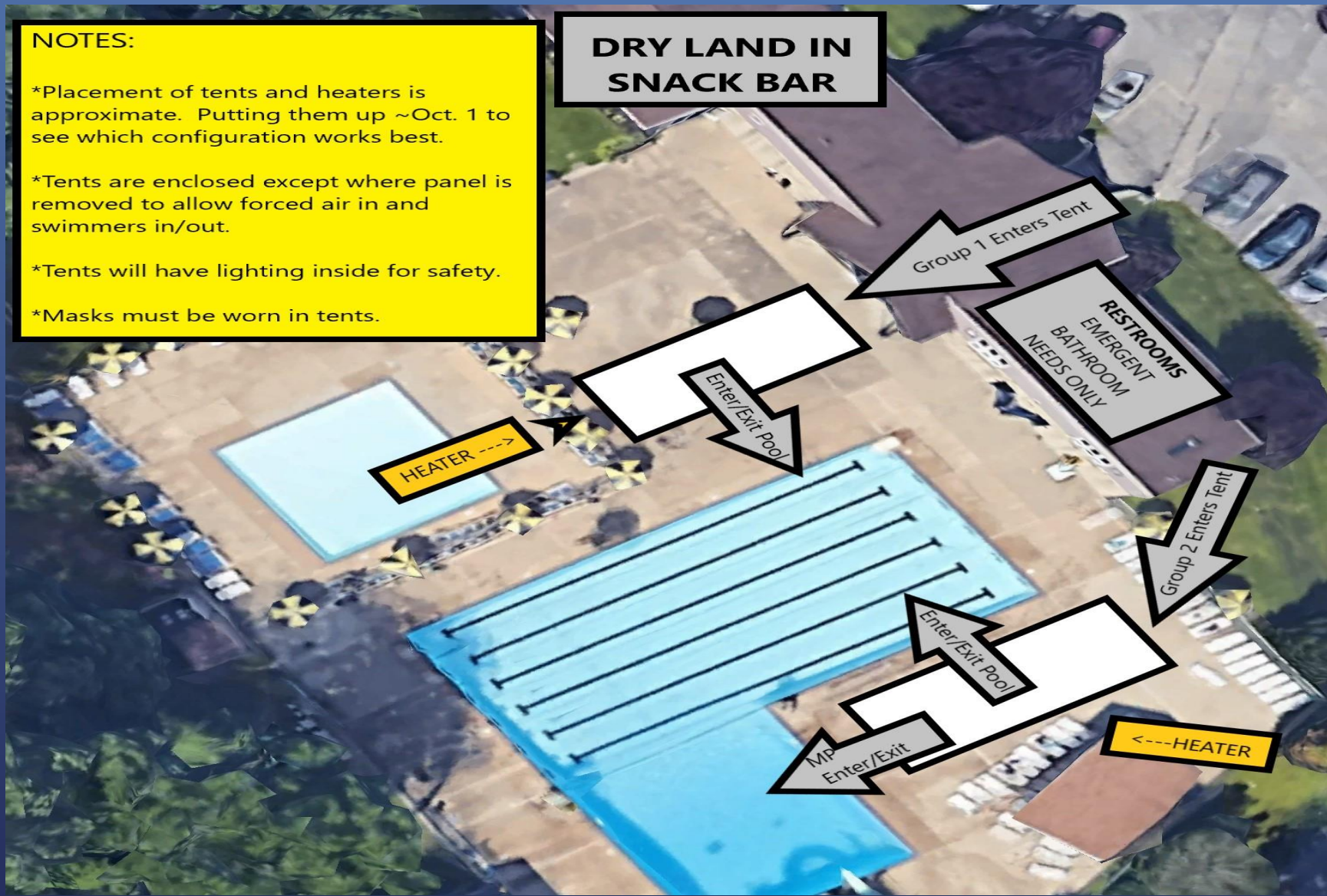
*Placement of tents and heaters is approximate. Putting them up ~Oct. 1 to see which configuration works best.

*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	\$350	<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	\$230	
Senior WHITE	\$230	
11-14 BLUE	\$275	
11-14 WHITE	\$230	
10 & U BLUE	\$240	
10 & U WHITE	\$220	
MP #1, MP #2, MP #3	\$125	

TRAINING GROUP FEES

