



City of Lincoln Pentaqua's Squad Times

The times in the tables below indicate pool (water) based training times. Please see notes for each squad for information on land training availability.

Development Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*5:15-6:15pm LCHS			*5:45-6:45pm LCHS			

*Indicates pre and post land training for 15 minutes either side of pool time.

Competitive Development Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*5:15-6:15pm LCHS			*5:45-6:45pm LCHS			*4:00-5:30pm LCHS

*Indicates pre and post land training for 15 minutes either side of pool time

Competition Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*5:15-6:45pm LCHS		*6:45-7:45pm LCHS		**7:00-9:00am NK	

*Indicates pre and post land training for 15 minutes either side of pool time. ** 10 minutes pre pool land training (Saturday only)

County Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*5:15-6:45pm LCHS	*5:45-7:15pm LCHS	*6:45-7:45pm LCHS		**7:00-9:00am NK	*4:00-5:30pm LCHS

*Indicates pre and post land training for 15 minutes either side of pool time. ** 10 minutes pre pool land training (Saturday only)

Regional Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 Land training LCHS 6:15-8pm LCHS		*5:45-7:15pm LCHS	6:00- 8:00pm Yarb	**6:30- 7:30am LCHS	***7:00- 9:00am NK	

*Indicates pre and post land training for 15 minutes either side of pool time. ** 15 minutes pre pool time (Friday only).. *** 10 minutes pre pool land training (Saturday only)

A2 Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30- 7:30am LCHS 6:30-7:15pm Land Training *7:15- 9:00pm LCHS	6:00- 8:00pm Yarb	*6:00- 8:00pm LCHS	**7:30- 9:30am LCHS 9:45- 10:45am Land training	

*Indicates pre and post land training for 15 minutes either side of pool time. ** 15 minutes pre pool time. ***15 minutes post pool

A Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30- 7:30am LCHS 5:30- 6:15pm Land Training *6:15- 8:00pm LCHS	*6:45- 8:45pm LCHS	**6:30- 7:30am LCHS 6:30-7:15pm Land Training ***7:15- 9:00pm LCHS	6:00- 8:00pm Yarb	*6:00- 8:00pm LCHS	**7:30- 9:30am LCHS 9:45- 10:45am Land training	

*Indicates pre and post land training for 15 minutes either side of pool time. ** 15 minutes pre pool time. ***15 minutes post pool

Senior Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*6:45-8:45pm LCHS	**6:30-7:30am LCHS 6:30-7:15pm Land Training ***7:15-9:00pm LCHS	6:00-8:00pm Yarb	**6:30-7:30am LCHS *6:00-8:00pm LCHS	**7:30-9:30am LCHS 9:45-10:45am Land training	

*Indicates pre and post land training for 15 minutes either side of pool time. ** 15 minutes pre pool time ***15 minutes post pool

Masters Squad

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*6:30-7:30am LCHS 8:00-9:30pm LCHS		*6:30-7:30am LCHS	*6:30-7:30am LCHS 7:45-9:00pm LCHS	8:00-9:30pm LCHS		

* 15 minutes pre pool time