

Draft LSTA Training Sessions – 2016

| Block | Week | Saturday | Monday | Wednesday | Thursday |
|---------------------|--------|--|------------------|---------------|----------|
| | | Juniors (am & pm) | Adults & Seniors | Race Training | Juniors |
| Information Evening | | 21 April | | | |
| Block 1 | Week 1 | 23-Apr | 25-Apr | 27-Apr | 28-Apr |
| Block 1 | Week 2 | 30-Apr | 02-May | 04-May | 05-May |
| Block 1 | Week 3 | 07-May | 09-May | 11-May | 12-May |
| Block 1 | Week 4 | 14-May | 16-May | 18-May | 19-May |
| Block 1 | Week 5 | 21-May | 23-May | 25-May | 26-May |
| Block 1 | Week 6 | 28-May | 30-May | 01-Jun | 02-Jun |
| Block 1 | Week 7 | 04-Jun | 06-Jun | 08-Jun | 09-Jun |
| Block 1 | Week 8 | 11-Jun | 13-Jun | 15-Jun | 16-Jun |
| Block 1 | Week 9 | 18-Jun | 20-Jun | 22-Jun | 23-Jun |
| | | | | | |
| Block 2 | Week 1 | 25-Jun | 27-Jun | 29-Jun | 30-Jun |
| Block 2 | Week 2 | 02-Jul | 04-Jul | 06-Jul | 07-Jul |
| Block 2 | Week 3 | 09-Jul | 11-Jul | 13-Jul | 14-Jul |
| Block 2 | Week 4 | 16-Jul | 18-Jul | 20-Jul | 21-Jul |
| Block 2 | Week 5 | 23-Jul | 25-Jul | 27-Jul | 28-Jul |
| No Training | | 30 July - 5 August (Optimist Nationals) | | | |
| Block 2 | Week 6 | 06-Aug | 08-Aug | 10-Aug | 11-Aug |
| Summer Course | | 8 - 12 August | | | |
| Block 2 | Week 7 | 13-Aug | 15-Aug | 17-Aug | 18-Aug |
| Block 2 | Week 8 | 20-Aug | 22-Aug | 24-Aug | 25-Aug |
| No Training | | 27 August - 3 September (Largs Regatta Week) | | | |
| Block 2 | Week 9 | 04-Sep SUNDAY | 05-Sep | | 08-Sep |
| Cadet Regatta | | 10 - 11 September | | | |