

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Senior 1						
AM Swim	7:00-9:15 am	7:15 - 9:15 am	6:45 - 9:00 @ Cham	7:15 - 9:15 am	7:00-9:15 am	7:00-10:30 am @ Cham
PM Swim	4:00-6:00 pm	4:00-6:00 pm	Off	Off	4:00-6:00 pm	
Dryland	3:00 - 4:00 pm	6:00 - 7:00 am - Fastwitch		6:00 - 7:00 am - Fastwitch	3:00 - 4:00 pm	9:30 - 10:30 am @ Cham
Senior 2						
AM Swim	7:00-9:00 am	7:00-9:00 am	7:00-9:00 am	6:45 - 8:45 am	6:45 - 8:45 am	7:00-10:30 am @ Cham
PM Swim	4:00-6:00 pm	Off	2:00 - 4:00 pm	Off	Off	
Dryland	3:00 - 4:00 pm	6:00 - 7:00 am		8:45 - 9:30 am		
Senior 3						
Swim	11:00am - 1:00pm	11:00am - 1:00pm	11:00am - 1:00pm	11:00am - 1:00pm	11:00am - 1:00pm	9:00 - 11:00 am
Dryland	1:00 - 2:00 pm	1:00 - 2:00 pm	1:00 - 2:00 pm	1:00 - 2:00 pm	1:00 - 2:00 pm	
Age Group 1						
AM Swim	9:00 - 11:00 am	9:00 - 11:00 am	9:00 - 11:00 am	6:45 - 8:45 am	9:30 - 11:30 am	9:30-11:30 am @ Cham
PM Swim			4:00-5:30 pm			
Dryland	11:00 am - 12:00 pm		11:00 am - 12:00 pm	8:45 - 9:30 am		
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Age Group 2						
AM Swim	11:00am - 12:45pm	11:00am - 12:45pm	8:00 - 9:30 am	8:45 - 10:30 am	8:45 - 10:30 am	11:00 am- 1:00 pm @ Cham
PM Swim			3:15 - 5:00 pm			
Dryland		12:45 - 1:30 pm	9:30 - 10:00 am		8:00 - 8:45 am	11:00 - 11:30 am @ Cham
Age Group Dev.						
Swim	1:00 - 2:30 pm	1:00 - 2:30 pm	1:00 - 2:30 pm	1:00 - 2:30 ppm	1:00 - 2:30 ppm	7:30-9:00 am
Dryland	2:30 - 3:15 pm	2:30 - 3:15 pm	2:30 - 3:15 pm	2:30 - 3:15 pm	2:30 - 3:15 pm	9:00 - 9:30 am
Age Group 3						
Swim	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:00 - 10:30 am
Dryland	9:00 - 9:30 am	9:00 - 9:30 am	9:00 - 9:30 am	9:00 - 9:30 am	9:00 - 9:30 am	8:30 - 9:00 am
Gold						
Swim 1	1:00 - 2:00 pm	1:00 - 2:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	OFF
Swim 2		5:00 - 6:00 pm	5:00 - 6:00 pm			
Pool & Lanes	Meters	Yards	Yards	Yards	Yards	
Green						
Swim 1	1:00 - 2:00 pm	1:00 - 2:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	OFF
Swim 2		5:00 - 6:00 pm	5:00 - 6:00 pm			