

JETS AQUATIC CLUB | Fall 2021 Training Schedule

Training Group	Jonesboro Pool Center	St. Bernard Health & Wellness
Home School; Virtual School	Monday through Thursday 1:30-2:30 PM	n/a
Fall Seasonal Group 7 & Younger	Tuesday/Thursday 5:20-6:00 PM	Monday/Wednesday 4:30-5:15 PM
Fall Seasonal Group 8 & Older	Tuesday/Thursday 6:00-6:40 PM	Monday/Wednesday 5:15-6:00 PM
Fun & Fitness	Tuesday/Thursday 4:30-5:15 PM	Monday/Wednesday 4:30-5:15 PM
Age Group 2	Tuesday/Wednesday/Thursday 5:00-6:15 PM	Monday 5:15-6:15 PM
Age Group 1	Monday through Thursday 5:00-6:15 PM -- Saturday: 10:00-11:30 AM	n/a
Age Group Elite	Monday/Wednesday/Friday 5:30-6:30 AM - Monday through Thursday 4:15-5:45 PM - Saturday 9:30-11:30 AM	n/a
Senior 2	Monday through Thursday 4:15-5:15 PM - <i>May attend morning workouts with prior approval.</i>	n/a
Senior 1; Senior Elite	Monday/Wednesday/Friday 5:30-6:30 AM - Monday through Thursday 4:15-5:45 PM - Saturday 9:30-11:30 AM	n/a
Late Workout (Designed for AG2, AG1, AGE and Seniors who are regularly unable to attend their scheduled group time. Until 10/1)	Monday/Thursday 6:15-7:15 PM	n/a