

JETS AQUATIC CLUB | Spring 2022 Training Schedule

Training Group	St. Bernard Health & Wellness	Jonesboro Pool Center* <i>*times for JPC will be announced once outdoor pool opens for us to swim</i>
Fun & Fitness	Wednesday/Friday: 4:30-5:15 PM Saturday/Sunday: 2:00-2:45 PM	n/a
Age Group 2	Wednesday: 5:15-6:15 PM Friday: 4:30-5:15 PM Sa/Su: 2:00-3:00 PM	n/a
Age Group 1	Wednesday/Friday: 5:00-6:15 PM Saturday/Sunday: 3:00-4:30 PM	Dryland: Thursday: 4:15-5:30 PM
Age Group Elite	Tuesday/Thursday: 5:00-6:30 AM Friday: 5:15-6:30 PM Saturday/Sunday: 2:45-4:30 PM	Dryland: Tuesday/Thursday: 4:15-5:30 PM
Senior 2	Wednesday/Friday: 5:15-6:15 PM Saturday/Sunday: 3:00-4:00 PM	n/a
Senior 1; Senior Elite	Tuesday/Thursday: 5:00-6:30 AM Friday: 5:15-6:30 PM Saturday/Sunday: 2:45-4:30 PM	Dryland: Tuesday/Thursday: 4:15-5:30 PM