

**JETS AQUATIC CLUB | Summer 2021 Training Schedule**

<b>Training Group</b>	<b>City Pool</b>	<b>St. Bernard Health &amp; Wellness</b>
<b>Summer Group 7 &amp; Younger</b>  <i>Only one PM workout per day M/W.</i>	Monday thru Thursday 9:00-9:45 AM - Monday/Wednesday 6:15-7:00 PM	Monday/Wednesday 4:30-5:00 PM
<b>Summer Group 8 &amp; Older</b>  <i>Only one PM workout per day M/W.</i>	Monday thru Thursday 9:00-9:45 AM - Monday/Wednesday 6:15-7:00 PM	Monday/Wednesday 4:00-4:30 PM (available alternative to the evening group)
<b>Fun &amp; Fitness</b>  <i>Only one PM workout per day M/W.</i>	Monday thru Thursday 8:15-9:00 AM - Monday/Wednesday 6:15-7:00 PM	Monday/Wednesday 4:30-5:00 PM
<b>Age Group 2</b>  <i>Recommended 4 or more per week.</i>	Monday thru Thursday 8:00-9:00 AM	Tuesday/Thursday/Friday 4:00-5:00 PM
<b>Age Group 1</b>  <i>Recommended 4 or more per week.</i>	Monday thru Thursday 7:00 AM-8:30 AM - Saturday: 8:45-10:15 AM*	Tuesday/Thursday 4:00-5:00 PM
<b>Age Group Elite</b>  <i>Recommended 7 or more per week.</i>	Monday thru Friday 6:30-8:00 AM - Monday/Wednesday/Thursday 6:00-7:00 PM - Saturday 8:15-10:15 AM**	n/a
<b>Senior 2</b>	Monday thru Thursday 7:00-8:00 AM - Saturday: 9:30-10:30 AM+	n/a
<b>Senior 1 + Senior Elite</b>  <i>Recommended 7 or more per week.</i>	Monday thru Friday 6:30-8:00 AM - Monday/Wednesday/Thursday 5:20-6:00 PM (Weights) - Saturday: 8:15-10:15 AM**	Friday 5:15-6:45 PM