

## JETS AQUATIC CLUB | Summer 2022 Training Schedule

Training Group	City Pool	St. Bernard Health & Wellness
<b>Fun &amp; Fitness</b> <i>Recommended 2 to 4 per week.</i>	Monday thru Thursday: 9:00-9:45 AM	Wednesday/Friday: 4:30-5:15 PM
<b>Age Group 2</b> <i>Recommended 3 to 5 per week.</i>	Monday thru Thursday: 8:00-9:00 AM -- Monday: 6:00-7:00 PM	Wednesday/Friday: 5:15-6:15 PM
<b>Age Group 1</b> <i>Minimum 4 per week.</i>	Monday thru Friday: 7:30-9:00 AM - Monday: 6:00-7:00 PM	Wednesday/Friday: 5:15-6:30 PM
<b>Age Group Elite</b> <i>Minimum 6 per week.</i> - <b>Senior Elite</b> <i>Minimum 7 per week.</i> - <b>Senior 1</b> <i>Minimum 6 per week</i>	Monday/Wednesday: 6:00-7:30 AM - Friday: 7:30-9:45 AM - - Monday/Wednesday: 6:30-8:00 PM* *first 30 min is dryland training - Tuesday/Thurs: 6:30-7:30 PM dryland training	Tuesday/Thursday: 5:00-6:30 AM Sunday: 2:00-4:30 PM
<b>Senior 2</b> <i>Recommended 3 to 5 per week.</i>	Monday/Wednesday 7:00-8:00 AM - Tuesday/Thursday 6:30-7:30 PM	Sunday: 3:30-4:30 PM

For specific questions regarding schedule, please contact Vic Moore: [vpm.moore@gmail.com](mailto:vpm.moore@gmail.com).