JETS AQUATIC CLUB

TRAINING SCHEDULE: 1/14/19 – 3/31/19

Training Group	Days & Times
Fun & Fitness	M / T / Th: 4:15-5:00 PM
Novice	M / T / Th / F: 5-6 PM -or- 6-7 PM
Age Group	M / T/ Th: 6-7:30 PM W / F: 4:15-6:15 PM
Pre-Senior/Senior	M / T / Th: 4:30-6:00 PM W / F: 4:15-6:15 PM