



*From Novice to Olympian, Achieving Excellence  
Through the Sport of Swimming*

**2022-2023 School Year Schedule**  
**Aug 2022-May 2023**

**Edge/Expedition**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Edge</b>						
<b>A.M.</b>	OFF	Optional 5:00-6:45AM	OFF	Optional 5:00-6:45AM	OFF	Optional 5:30-7:30AM
<b>P.M.</b>	4:45-6:45PM	4:15-6:15PM	4:45-6:45PM	4:15-6:15PM	4:45-6:45PM	
<b>Expedition</b>						
<b>A.M.</b>	OFF	5:00-6:45AM	OFF	5:00-6:45AM	OFF	5:30-7:30AM
<b>P.M.</b>	4:45-6:45PM	4:15-6:15PM	4:45-6:45PM	4:15-6:15PM	4:45-6:45PM	

\*\*\*Dryland on own 3x weekly for Senior Groups

**Age Group**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mustang</b>						
<b>A.M.</b>	OFF	12 & up 5:00-6:45AM	OFF	12 & up Optional 5:00-6:45AM	OFF	Optional 5:30-7:30AM
<b>P.M.</b>	4:45-6:45PM	4:30-6:00PM	4:45-6:45PM	4:30-6:00PM	4:45-6:45PM	
<b>Dryland</b>		4:00-4:30PM		4:00-4:30PM		
<b>Raptor</b>						
<b>P.M.</b>	5:30-6:30PM	5:45-6:30PM	5:30-6:30PM	5:45-6:30PM	5:00-6:00PM	<b>OFF</b>
<b>Dryland</b>		5:15-5:345M		5:15-5:45PM		
<b>Explorer</b>						
<b>P.M.</b>	4:45-5:30PM	4:45-5:30PM	4:45-5:30PM	4:45-5:30PM	OFF	<b>OFF</b>
<b>Dryland</b>		4:25-4:45PM		4:25-4:45PM		
<b>Fusion</b>						
<b>P.M.</b>	4:45-5:15PM	4:45-5:15PM	4:45-5:15PM	4:45-5:15PM	OFF	OFF