

## Gators 2020 Summer Program

July 20-Aug 1

Elite groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Type	Dryland	Swim	Dryland	Dryland	Swim	Swim	
Hours	1.5	1.75	1.5	1.5	1.75	1.75	Dry: 5.25
Time	10:30am-12:00pm	Dry 4:45-5:00 pm	10:30am-12:00pm	10:30am-12:00pm	Dry 4:45-5:00 pm	Dry 2:45-3:00pm	Pool: 5
		Pool 5:00-6:30pm			Pool 5:00-6:30pm	Pool 3:00-5:00pm	Total: 9.75

Age & Senior	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Type	Dryland	Swim	Dryland	Dryland	Swim		Dry: 5
Hours	1.5	1.75	1.5	1.5	1.75		Pool: 3
Time	3:00-4:30pm	Dry 6:15-6:30 pm	3:00-4:30pm	3:00-4:30pm	Dry 6:15-6:30 pm		Total: 8
		Pool 6:30-8:00pm			Pool 6:30-8:00pm		

### Fitness 2000

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