



BLAST COVID-19 Schedule (Revised)

Note: Swimmers stay with their primary coaches.

* Tuesday/Thursday morning practices are only open to swimmers who have been invited by their coaches.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SWIM		5:30-7:30am * Coaches Hide & Alex: National, Pre-National & JO		5:30-7:30am * Coaches Peter, Katia & Alex: National, Pre-National & JO		6:50-8:30am Coach Lee Coach Meg Coach Alex: Gold & under	6:50-8:55am Coaches Peter, Hide & Alex: Junior Olympic
	4:00-5:25pm Coach Lee Coach Katia Coach Alex: JO & above	4:00-5:25pm Coach Katia Coach Meg Coach Alex: All Groups	4:00-5:25pm Coach Katia Coach Lee Coach Alex: JO & above	4:00-5:25pm Coach Katia Coach Meg Coach Alex: All Groups	4:00-5:25pm Coach Lee Coach Meg Coach Alex: All Groups	5:35-6:50pm Coach Peter Coach Hide Coach Katia	8:30-10:00am Coach Katia: Gold, JO & Pre-National
	5:35-6:50pm Coach Peter Coach Hide	5:35-6:50pm Coach Hide Coach Peter	5:35-6:50pm Coach Peter Coach Hide	5:35-6:50pm Coach Hide Coach Peter			11:00am-1:00pm Coach Lee: Gold
DRYLAND	4:00-5:25pm Coach Peter Coach Hide	4:00-5:25pm Coach Peter Coach Hide	4:00-5:25pm Coach Peter Coach Hide	4:00-5:25pm Coach Peter Coach Hide	4:00-5:25pm Coach Peter Coach Hide Coach Katia	NO Dryland for Coach Lee Coach Meg Coach Alex	NO Dryland for ALL Groups
	5:35-6:25pm Coach Lee	5:35-6:25pm Coach Meg	5:35-6:25pm Coach Lee	5:35-6:25pm Coach Meg	5:35-6:25pm Coach Lee Coach Meg	7:50-8:30am Coach Katia: Gold, JO & Pre-National	
	5:35-6:40pm Coach Katia	5:35-6:40pm Coach Katia	5:35-6:40pm Coach Katia	5:35-6:40pm Coach Katia			