Competitive Training Schedule

Schedules are subject to change

2021 - 2022 Season

No Swimming: Oct 11, Nov 11, Feb 21, Apr 15, Apr 17, Apr 18, May 23, Jul 1

TRITON SWIMMING

BEAUMONT POOL | DRYLAND | LEDUC POOL

BLACK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	Beaumont 5:30-5:45 Activation 5:45-7:30 Swim	OFF	Beaumont 5:30-5:45 Activation 5:45-7:30 Swim	Beaumont 5:30-5:45 Activation 5:45-7:30 Swim	Beaumont 6:00-6:15 Activation 6:15-8:00 Swim 8:00-9:00 Dryland (Rm 211)	OFF
PM	Beaumont 3:45-4:00 Activation 4:00-6:00 Swim	OFF	Beaumont 3:45-4:00 Activation 4:00-6:00 Swim 6:00-7:00 Dryland (Rm 215)	OFF	Beaumont 3:45-4:00 Activation 4:00-6:00 Swim	OFF	OFF

*Dryland begins the week of October 4th

SILVER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	Beaumont 5:30-5:45 Activation 5:45-7:30 Swim	OFF	OFF	OFF	Beaumont 6:00-6:15 Activation 6:15-8:00 Swim 8:00-9:00 Dryland (Rm 211)	OFF
PM	Beaumont 3:45-4:00 Activation 4:00-6:00 Swim	OFF	Beaumont 3:45-4:00 Activation 4:00-6:00 Swim 6:00-7:00 Dryland (Rm 215)	Beaumont 3:45-4:00 Activation 4:00-5:30 Swim	Beaumont 3:45-4:00 Activation 4:00-6:00 Swim	OFF	OFF

*Dryland begins the week of October 4th

BLUE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	Beaumont 7:45-8:00 Activation 8:00-9:00 Swim	OFF
PM	Leduc 4:45-5:00 Activation 5:00-6:30 Swim	Beaumont 3:45-4:00 Activation 4:00-5:30 Swim	Leduc 4:45-5:00 Activation 5:00-6:30 Swim	OFF	Beaumont 5:45-6:00 Activation 6:00-7:30 Swim	OFF	OFF