2019/2020 Schedule - subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MANTA SWIM SCHOOL						
GROUP A	4:15 - 5:00p		4:15 - 5:00p			
GROUP B		4:15 - 5:00p		4:15 - 5:00p		
GROUP C	5:15 - 6:00p		5:15 - 6:00p			
GROUP D		5:15 - 6:00p		5:15 - 6:00p		
*GROUP E	6:15 - 7:00p		6:15 - 7:00p			
GROUP F						10:00 - 11:00a
*GROUP G						11:00 - 12:00p
10+ FIT - GROUP E	6:15 - 7:00p		6:15 - 7:00p			
10+ FIT - GROUP G						11:00 - 12:00p
TEEN FIT						
Activation	6:45 - 7:00p		6:45 - 7:00p			
Pool	7:00 - 8:00p		7:00 - 8:00p			
MINI MANTA GROUP A						
Activation		5:45 - 6:00p		4:15 - 4:30p		9:45 - 10:00a
Pool		6:00 -7:00p		4:30 - 5:30p		10:00 - 11:00a
MINI MANTA GROUP B						
Activation			6:15 - 6:30p	4:15 - 4:30p		9:45 - 10:00a
Pool			6:30 - 7:30p	4:30 - 5:30p		10:00 - 11:00a
MINI MANTA GROUP C						
Activation		5:45 - 6:00p		5:45 - 6:00p		9:45 - 10:00a
Pool		6:00 -7:00p		6:00 -7:00p		10:00 - 11:00a
MINI MANTA GROUP D						
Activation			6:15 - 6:30p	5:45 - 6:00p		9:45 - 10:00a
Pool			6:30 - 7:3p	6:00 -7:00p		10:00 - 11:00a
MANTA RAY 2						
Activation	5:45 - 6:00	5:45 - 6:00p		5:30 - 6:00p		9:45 - 10:00a
Pool	6:00 - 7:30	6:00 - 7:00p		6:00 - 7:30p		10:00 - 11:30a
MANTA RAY 1						
Activation			****5:45 - 6:00a		**8:15 - 8:30a	7:30 - 7:45a
Pool			****6:00 - 7:30a		**8:30 - 10:00a	7:45 - 9:15a
Activation	4:15 - 4:30p		4:45 - 5:00p		***3:15 - 3:30p OR 4:15 - 4:30p	
Pool	4:30 - 6:00p		5:00 - 6:30p		***3:30 - 5:00p OR 4:30 - 6:00p	
MANTA RAY 3						
Activation						9:45 - 10:00a
Pool						10:00-11:30a
Activation	5:45 - 6:00p	4:30 - 5:00p		5:30 - 6:00p	***5:15 - 5:30p OR 6:15-6:30p	
Pool	6:00 - 7:30p	5:00 - 6:30p		6:00 - 7:30p	***5:30 - 6:30p OR 6:30-7:30p	
JUNIOR						
Activation			5:45 - 6:00a		5:45 - 6:00a OR ***7:45 - 8:00a	7:00 - 7:15a
Pool			6:00 -7:30a		6:00 -7:30a OR ***8:00 - 10:00a	7:15 - 9:15a
Activation	4:15 - 4:30p	4:00 - 4:30p	4:15 - 4:30p		***3:15 - 3:30p OR 4:15 - 4:30p	
Pool	4:30 - 6:00p	4:30 - 6:30p	4:30 - 6:30p		***3:30 - 5:30 p OR 4:30 - 6:30p	
PERFORMANCE						
Activation	5:45 - 6:00a		5:45 - 6:00a		5:45 - 6:00a OR ***7:45 - 8:00a	7:00 - 7:15a
Pool	6:00 - 7:30a		6:00 -7:30a		6:00 -7:30a OR ***8:00 - 10:00a	7:15 - 9:15a
Activation	4:15 - 4:30p	4:00 - 4:30p	4:15 - 4:30p		***3:15 - 3:30 p OR 4:15 - 4:30p	
Pool	4:30 - 6:00p	4:30 - 6:30p	4:30 - 6:30p		***3:30 - 5:30 p OR 4:30 - 6:30p	
DRYLAND LOCATION/TYPE		On-Deck S&C w/Tyler	On-Deck Yoga	Mac Island S&C w/Tyler		Mac Island Yoga
Time		4:00 - 4:30p	6:30 - 7:00p	4:30 - 6:00p		10 - 11am
Groups		JR, P	MR1, JR, P	JR, PP (and Step Up MR1)		MR1, JR, P
		On-Deck SC w/Tyler		On-Deck SC w/Mark		
		4:30 - 5:00p		5:30 - 6:00p		
		MR3		MR3		

* No entry level swim school classes are available at this time slot

** Optional "No School Friday" AM work-out for Manta Ray 1

*** Modified "No School Friday" work-outs for MR1, MR3, JR, P groups

****Step up program for selected MR1 swimmers