

August 7-Sept 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive	S: 8:00-10:00am DL: 10-11am		S: 8:00-10:00am DL: 7:00am			10:00a-12:00p	6:00-7:45am
Masters		5:45-6:45am		5:45-6:45am			7:45-8:45am
Sr Fit/Gold					S: 9:00-10:00am DL: 10-10:45am	8:00-9:00am	8:45-9:45am
Silver/Bronze					8:00-9:00am	9:00-10:00am	S: 9:45-10:30am DL: 10:30-11am

*S= Swim time

*DL = Dryland time

**Please arrive 15mins before the start times above – these times show when the kids will be in the water.