



2021-2022 SEASON – VKSC SWIM SCHEDULE

AUG 2021

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tier 1	AM		5:15 Activation 5:30-7:30 Swim		5:15 Activation 5:30-7:30 Swim		6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off	
	PM	5:45 Activation 6:00-7:00 Swim	4:00-4:45 Dryland 5:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	4:45 Activation 5:00-7:00 Swim			
Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tier 1A <i>AM only</i>	AM	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	5:15 Activation 5:30-6:30 Swim	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	5:15 Activation 5:30-6:30 Swim			Off	
Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tier 2	AM	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland		5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland			6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off	
	PM	4:45 Activation 5:00-7:00 Swim		4:45 Activation 5:00-7:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-7:00 Swim			
Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tier 3	AM			5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland			6:15 Activation 6:30-8:30 Swim	Off	
	PM	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim			
Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tier 4	AM						8:15 Activation 8:30-9:30 Swim 9:30-10:00 Dryland	Off	
	PM	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim			
Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tier 6 <i>Mon/Wed/Sat or Tues/Thurs/Sat</i>	AM							ALL TIER 6 8:15 Activation 8:30-9:30 Swim 9:30-10:00 Dryland	Off
	PM	6:00 Activation M/W 615-700	6:00 Activation T/T 615-700	6:00 Activation M/W 615-700	6:00 Activation T/T 615-700				
Group		Monday PM	Tuesday PM	Wednesday PM	Thursday PM				
GR1	#1 (:30)	5:00-5:30 1a	5:00-5:30 1c	5:00-5:30 1a	5:00-5:30 1c			Off	
		5:00-5:30 1b	5:00-5:30 1d	5:00-5:30 1b	5:00-5:30 1d				
GR2	#2 (:45)	5:30-6:15 2a	5:30-6:15 2c	5:30-6:15 2a	5:30-6:15 2c				
		5:30-6:15 2b	5:30-6:15 2d	5:30-6:15 2b	5:30-6:15 2d				