

Blue Wave Swimming
Revised Spring Training Schedule 2021
Beginning March 1st 2021

ALL DAYS & TIMES ARE SUBJECT TO CHANGE! Swim meets, holidays and special events may change specific week sessions. Please check your email for updates and changes.

MONDAYS - FRIDAYS

Training Group	PM Session Times	DryLand
AG1e*	3:00pm - 4:00pm	
AG1m*	5:30pm - 6:45pm	
AG2	5:30pm - 6:45pm	
AG3	5:30pm - 7:00pm	5:00pm - 5:30pm
AG4	5:30pm - 7:30pm	5:00pm - 5:30pm
Sr1	4:15pm - 5:45pm	
Sr Elite & Nat'l	4:15pm - 6:15pm	6:15pm - 7:00pm
Masters	6:15pm - 7:30pm (self directed)	

Mornings offered to AG4 - Sr Nat'l & Masters:

- AG4 - Sr Nat'l = Tuesday - Friday 5:15am - 6:30am or
- AG4 - Sr Nat'l = Tuesday - Friday 6:30am - 7:30am
- Masters 6:30am - 7:30am - Tuesday - Friday

***PLEASE NOTE:** The AG "e" sessions are geared for elementary ages swimmers. The AG "m" sessions are geared to middle school aged swimmers. If an elementary school aged child can not make the 3:00pm option, they may choose to attend the 5:30pm option. Families are asked to pick only one (1) option for the season so we can allocate resources properly.

SATURDAYS

Training Group	Session Times (Saturday)	D'Land
AG1&2	9:00am - 10:00am	
AG3	9:00am - 10:30am	
Sr 1	8:00am - 10:00am	
AG4, Sr Elite & Nat'l	8:00am - 10:00am	10:00am - 11:00am
Masters	8:00am - 9:00m	