**Competitive Team:**

White A Monday, Wednesday 5:00 - 6:00 PM Don Cook Nat

Friday 5:00 – 6:00 PM Aquatic Center

White B Tuesday, Thursday 6:15 - 7:15 PM Aquatic Center

Friday 5:00 - 6:00 PM Aquatic Center

Red A Monday, Wednesday 6:15 - 7:15 PM Aquatic Center

Friday 6:00 – 7:00PM Aquatic Center

Red B Tuesday, Thursday 5:00 – 6:00 PM Don Cook Nat   
Friday 6:00 – 7:00 PM Aquatic Center

Blue I A Monday - Thursday 5:00 – 6:15 PM Aquatic Center

Saturday 8:00 – 9:30AM Settlers Park

Blue I B Monday – Thursday 5:00 – 6:15 PM Aquatic Center

Saturday 8:00 – 9:30AM Settlers Park

Blue II Monday – Thursday 6:00 – 7:30 PM Don Cook Nat   
Saturday 8:00 – 9:30AM Settlers Park

Age Group I Monday – Thursday 5:00 – 6:45 PM Aquatic Center   
Friday 5:00 – 6:30 PM Aquatic Center

Age Group II Monday – Friday 9:15 - 11:00 AM Aquatic Center   
Wednesday 3:30 - 5:00 PM Aquatic Center

Saturday 8:30 – 10:15 AM Colony Grant 6

Age Group III Monday, Wed, Friday 7:30 – 9:30 AM Don Cook Nat

Tuesday and Thursday 7:30 – 9:30 AM Don Cook Nat

Monday, Wednesday 3:30 - 5:00 PM Aquatic Center

Saturday 8:30 – 11:00AM Aquatic Center

Pre Senior I Monday – Friday 6:15 – 8:00PM Aquatic Center

Saturday 8:30 – 10:00AM Colony Grant 6

Pre Senior II Monday – Thursday 8:30-11:00AM Aquatic Center

Friday 8:30-11:00AM Aquatic Center

Monday and Wednesday 3:30-5:00 PM Aquatic Center

Saturday 8:30 – 11:00AM Aquatic Center

Pre Senior III Monday - Thursday 8:30 - 11:00 AM Aquatic Center

Friday 6:30 - 9:00AM Aquatic Center   
 Monday and Thursday 2:30 - 4:30 PM Don Cook

Saturday 8:30 – 11:00AM Aquatic Center

Senior I Monday, Tuesday, Thursday 6:30-9:30AM Aquatic Center

Wednesday 6:30-10:00AM Aquatic Center

Friday 6:30-9:00AM Aquatic Center

Monday and Thursday 2:30-4:30 PM Don Cook

Saturday 6:30-10:00AM Aquatic Center

Senior II Monday, Tuesday, Thursday 6:30-9:30AM Aquatic Center

Wednesday 6:30-10:00AM Aquatic Center

Friday 6:30-9:00AM Aquatic Center

Monday and Thursday 2:30-4:30 PM Don Cook

Saturday 6:30-10:00AM Aquatic Center

Senior Elite Monday 6:30-8:45 AM Swim Aquatic Center

Monday 9:15-10:15AM DL Settlers Park

Tuesday and Thursday 6:30 – 8:45 AM Aquatic Center

Wednesday 6:30 – 10:00 AM Aquatic Center

Friday 7:00 - 9:30 AM Training Pool

Saturday 6:30 – 10:00AM Aquatic Center

Mon, Tues, Thurs 2:00-4:30 PM Training Pool