

**Monday & Wednesday PM**

**TFC Indoor Pool**

4-4:45p – Developmental

4:45-5:45p – Competitive Prep

**TFC Outdoor Pool**

3:30-5:30pm – National & Pre-National Groups

5:45-7pm – Blue Group

**Clear Falls High School**

5-6pm – White Group

5:15-6:15pm – Bronze Group

6-7:30pm – Gold Group

6:15-7:30pm – Silver Group

**Clear Creek High School**

6-7:30pm – Senior Group

6:30-7:30pm – High School Group

**Tuesday & Thursday PM**

**TFC Indoor Pool**

4-4:45p Developmental

4:45-5:45p Competitive Prep

**Hometown Heroes Pool**

4-6p National & Pre-National

5-6:30p Senior

5-6:30p Gold

6-7p Bronze

6:15-7:30p Silver & Blue

6:30-7:30p White

**Saturday AM**

**Hometown Heroes Pool**

7:30-9:30a National, Pre-National, & Senior

8:30-10:15a Gold

9:15-10:45a Silver & Bronze

9:30-10:45a Blue & White

10:15-11a Developmental & Competitive

**\*\*AM Workouts @ Hometown Heroes, 5:15-6:45am Tuesday through Friday\*\***

**\*\*National, Pre-National, Senior, and Gold only\*\***