

## Swim Schedule

(effective 4/12/21)

Group	Day	Location	Time	Activity
Beginners	Monday & Friday	Kanewai	5:00 - 5:45 5:45 - 6:00	Swimming Dryland
	Tuesday & Thursday	Ala Moana Beach Park	4:30 - 5:30	Dryland (running, field exercises, some swimming)
	Wednesday	Palolo field (behind pool)	5:00 - 6:00	Games
Intermediates & Seniors	Monday & Friday	Kanewai	5:00 - 5:45 5:45 - 7:00	Dryland Swimming
	Tuesday & Thursday	Ala Moana Beach Park	4:30 - 6:00	Dryland & Swimming
	Wednesday	Palolo field (behind pool)	5:00 - 6:00	Games
	Saturday	Ala Moana Beach Park	8:00 - 9:30	Dryland & Swimming