



NAT START-UP TRAINING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 11 OFF	September 12 OFF	September 13 6:00-7:30pm (swim)	September 14 6:00-7:30pm (swim)	September 15 5:00-6:30pm (swim)	September 16 OFF	September 17 OFF
September 18 OFF	September 19 6:00-7:30pm (swim)	September 20 6:00-8:00pm (swim)	September 21 6:00-8:00pm (swim)	September 22 5:00-7:00pm (swim)	September 23 OFF	September 24 OFF
September 25 OFF	September 26 6:00-7:30pm (swim)	September 27 6:00-8:00pm (swim)	September 28 6:00-8:00pm (swim)	September 29 5:00-7:00pm (swim)	September 30 7:00-8:00pm (swim)	October 1 OFF

RETURN TO REGULAR TRAINING SCHEDULE BEGINS: **MONDAY, OCTOBER 3, 2022**

**ALL PRACTICES WILL BE AT THE PAN AM POOL FOR SEPTEMBER 2022*