

## AGUA Training Schedule - SUMMER 2023

### NATIONAL

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	7:00-8:30	7:00-8:30	OFF	7:00-8:30	7:00-8:30	7:00-9:30	OFF
Dryland	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	OFF	10:00-11:00	OFF
PM Swim	3:30-5:30	3:30-5:00	3:30-5:30	4:15-6:15	OFF	OFF	OFF

### SENIOR II

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 @SH	OFF	7:00-8:30	OFF	OFF	7:00-9:30	OFF
Dryland	OFF	4:30-5:15	OFF	4:30-5:15	6:30-7:15	OFF	OFF
PM Swim	6:30-8:00	5:30-7:30	5:30-7:30	5:45-7:30	4:15-6:15	OFF	OFF

### SENIOR I

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	5:30-7 @ AG	OFF	OFF	5:30-7 @ SH	OFF	OFF
Dryland	OFF	5:00-5:45	4:30-5:15	OFF	OFF	OFF	11:30-12:15
PM Swim	5:30-7:30 @ SH	6:00-7:30	5:30-7:30	OFF	OFF	OFF	12:30-2:30

### SENIOR PREP GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	5:30-7 @ AG	OFF	OFF	8:00-10:00
Dryland	4:30-5:15	OFF	OFF	7:15-7:45	5:45-6:30	OFF	OFF
PM Swim	5:30-7:30	6:00-7:30	5:30-7:30	OFF	6:45-8:15	OFF	OFF

### SENIOR PREP GREEN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	5:30-7 @ SH	OFF	OFF	OFF	10:30-12:30
Dryland	5:45-6:15	OFF	OFF	OFF	5:45-6:30	OFF	12:45-1:15
PM Swim	6:30-8:00	4:00-6:00	OFF	OFF	6:45-8:15	OFF	OFF

### AGE GROUP 3 GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7:00-9:00 @ SH	OFF
Dryland	4:15-4:45	OFF	OFF	OFF	4:30-5:00	9:15-9:45	OFF
PM Swim	5:00-6:30	4:00-5:30	OFF	4:15-5:45	5:15-6:45	OFF	OFF

### UES AGE GROUP 3 GREEN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7:00-9:00 @ SH	OFF
Dryland	OFF	OFF	5:45-6:15	OFF	4:30-5:00	OFF	OFF
PM Swim	5:00-6:30	OFF	4:00-5:30	OFF	5:15-6:45	OFF	OFF

BPC AGE GROUP 3 GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	8:00-9:30	OFF
Dryland	OFF	6:30-7:00	OFF	6:30-7:00	OFF	OFF	OFF
PM Swim	5:00-6:30	5:00-6:30	OFF	5:00-6:30	OFF	OFF	OFF

UES AGE GROUP 2 GOLD							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	10:00-11:30	OFF
Dryland	OFF	OFF	5:45-6:15	OFF	OFF	9:15-9:45	OFF
PM Swim	4:00-5:00	OFF	4:00-5:30	OFF	4:15-5:15	OFF	OFF

BPC AGE GROUP 2 GOLD							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	8:00-9:15	OFF
Dryland	OFF	6:30-7:00	OFF	6:30-7:00	OFF	OFF	OFF
PM Swim	5:00-6:15	5:00-6:15	OFF	5:00-6:15	OFF	OFF	OFF

UES AGE GROUP 2 GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	10:00-11:00	OFF
Dryland	5:15-5:45	OFF	OFF	OFF	OFF	9:15-9:45	OFF
PM Swim	4:00-5:00	OFF	4:00-5:00	OFF	4:15-5:15	OFF	OFF

BPC AGE GROUP 2 GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	8:00-9:00	OFF
Dryland	OFF	4:30-5:00	OFF	4:30-5:00	OFF	OFF	OFF
PM Swim	5:00-6:00	5:00-6:00	OFF	5:00-6:00	OFF	OFF	OFF

UES AGE GROUP 1							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	OFF	4:15-4:45	OFF	OFF	5:30-6:00	OFF	OFF
PM Swim	4:00-5:00	5:00-6:00	OFF	OFF	4:15-5:15	OFF	OFF

BPC AGE GROUP 1							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	OFF	5:00-5:30	OFF	5:00-5:30	OFF	OFF	OFF
PM Swim	4:00-5:00	4:00-5:00	OFF	4:00-5:00	OFF	OFF	OFF