

Spring 2020 Group Schedules

National							
Head Coach David Rodriguez							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						7:00-9:30	7:00-10:00
Dryland	4:30-5:15	4:30-5:15		4:30-5:15		10:00-11:00	
PM Swim	5:30-8:00	5:30-7:30	5:30-7:30	5:30-8:00			

Senior II							
Coach Brad Green							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						7:00-9:00 @ SH	
Dryland		4:30-5:15		4:30-5:15		9:15-10:00	
PM Swim	5:30-7:30 @ SH	6:00-8:00	5:00-7:00	5:30-8:00	5:30-7:30		

Senior I							
Coach Heather Librizzi							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim					5:30-7:00 @ SH		
Dryland	4:30-5:15	6:00-6:30	6:00-6:45	5:45-6:30			12:30-1:15
PM Swim	5:30-7:30 @ SH	4:00-6:00	7:00-8:30	4:00-5:30			1:30-3:00

AG4 Gold							
Head Age Group Coach John Fedena							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim	5:30-7:00 @ SH					9:00-11:00 @ SH	
Dryland		6:15-6:45	4:45-5:15	4:45-5:15		8:00-8:45	
PM Swim		4:00-6:00	5:30-7:00	5:30-7:30	4:45-6:45		

AG4 Green							
Head Age Group Coach John Fedena							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim	5:30-7:00 @ SH					9:00-11:00 @ SH	
Dryland		5:15-5:45	6:15-6:45		4:45-5:00	8:00-8:45	
PM Swim		6:00-7:30	7:00-8:30		5:00-6:45		

AG3 Gold							
Coach Matt Hall							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim			5:30-7:00 @ SH				10:30-12:00
Dryland				5:45-6:30			9:45-10:30
PM Swim	5:30-7:30			4:00-5:30	6:45-8:15		

BPC AG3 Green							
Coach Hailey Hewitt							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						9:00-10:30	
Dryland	4:30-5:00	4:30-5:00		4:30-5:00			
PM Swim	5:00-6:30	5:00-6:30		5:00-6:30			

UES AG3 Green

Coach Matt Hall

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim			5:30-7:00 @ SH				12:00-1:30
Dryland					5:45-6:30		1:30-2:15
PM Swim	4:00-5:30				6:45-8:15		

BPC AG2 Gold

Coach Hailey Hewitt

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						9:00-10:15	
Dryland	5:15-5:30	5:15-5:30		5:15-5:30			
PM Swim	3:45-5:00	3:45-5:00		3:45-5:00			

UES AG2 Gold

Coach Diana Pimer

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						10:00-11:15	
Dryland			3:45-4:00		5:00-5:15	9:45-10:00	
PM Swim	5:00-6:15		4:00-5:30		4:00-5:00		

BPC AG2 Green

Coach Hailey Hewitt

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						8:00-9:00	
Dryland	5:00-5:15	5:00-5:15		5:00-5:15			
PM Swim	3:45-4:45	3:45-4:45		3:45-4:45			

UES AG2 Green

Coach Diana Pimer

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						11:15-12:15	
Dryland	6:30-6:45		3:45-4:00		5:00-5:15		
PM Swim	5:30-6:30		4:00-5:00		4:00-5:00		

BPC AG1

Coach Hailey Hewitt

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						8:15-9:00	
Dryland	5:15-5:30			5:15-5:30			
PM Swim	4:15-5:00	4:15-5:00		4:15-5:00			

UES AG1

Coach Diana Pimer

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM Swim						12:15-1:00	
Dryland	4:00-4:15				3:45-4:00		
PM Swim	4:15-5:00		4:00-4:45		4:00-4:45		