

AGUA Training Schedule January – February 2022

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

SENIOR II							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7:00-9 @ SH	OFF
Dryland	5:45-6:30	OFF	OFF	4:45-5:30	OFF	9:15-10:00	OFF
PM Swim	6:30-8:30	5:30-7:30	6:30-8:30	5:30-7:30	6:00-8:00	OFF	OFF

SENIOR I							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 @ AG	OFF	OFF	OFF	5:30-7 @ SH	9:00-11 @ SH	OFF
Dryland	OFF	OFF	6:15-6:45	5:30-6:30	OFF	8:00-8:45	OFF
PM Swim	OFF	OFF	7:00-8:30	OFF	OFF	OFF	1:30-3:00

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

SENIOR PREP GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	5:30-7 @ SH	OFF	OFF	OFF	OFF
Dryland	6:15-6:45	OFF	OFF	OFF	6:00-6:45	OFF	1:45-2:15
PM Swim	7:00-8:30	OFF	OFF	6:30-8:00	7:00-8:30	OFF	12:00-1:30

AGE GROUP 3 GOLD							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 @ SH	OFF	OFF	OFF	OFF	10:00-11:30	OFF
Dryland	OFF	4:15-4:45	OFF	OFF	4:45-5:15	11:45-12:15	OFF
PM Swim	OFF	5:00-6:30	5:30-7:00	OFF	5:30-7:00	OFF	OFF

BPC AGE GROUP 3 GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	9:00-10:30	OFF
Dryland	OFF	4:30-5:00	OFF	OFF	OFF	10:30-11:00	OFF
PM Swim	5:00-6:30	5:00-6:30	OFF	5:00-6:30	OFF	OFF	OFF

UES AGE GROUP 3 GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 @ SH	OFF	OFF	OFF	OFF	11:30-1:00	OFF
Dryland	OFF	OFF	5:45-6:15	OFF	OFF	11:00-11:30	OFF

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PM Swim	OFF	OFF	4:00-5:30	OFF	5:30-7:00	OFF	OFF
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BPC AGE GROUP 2 GOLD							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	8:00-9:00	OFF
Dryland	4:30-5:00	OFF	OFF	4:30-5:00	OFF	OFF	OFF
PM Swim	5:00-6:15	5:00-6:15	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	8:00-9 @ SH	OFF
Dryland	OFF	OFF	6:45-7:15	OFF	5:45-6:15	OFF	OFF
PM Swim	4:00-5:30	OFF	5:30-6:30	OFF	4:00-5:30	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	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

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

BPC AGE GROUP 1							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	5:00-5:15	OFF	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

UES AGE GROUP 1							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	6:45-7:00	OFF	OFF	5:15-5:45	OFF	OFF	OFF
PM Swim	5:30-6:30	OFF	OFF	4:00-5:00	5:00-6:00	OFF	OFF