

Holiday Training Schedule 2019-2020

National			
Dec 22- Dec 26th OFF			
Date	AM Swim	Dryland	PM Swim
Fri Dec 27th	7:15-9:00	3:00-3:45pm	4:00-6:00
Sat Dec 28th	7:00-9:30	10:00-11:00am	3:30-5:30
Sun Dec 29th	7:00-10:00	OFF	3:30-5:00
Mon Dec 30th	7:00-8:30	9:00-10:00am	4:00-6:00
Tues Dec 31st	7:00-9:00	OFF	OFF
Weds Jan 1st	OFF	OFF	OFF

Senior II		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	6:00-8:00
Sat Dec 28th	10:00-12:00	OFF
Sun Dec 29th	10:30-12:30	OFF
Mon Dec 30th	9:00-11:00	4:00-6:00
Tues Dec 31st	7:00-9:00	OFF
Weds Jan 1st	OFF	OFF

Senior I		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	2:00-3:30
Sat Dec 28th	OFF	12:00-1:30
Sun Dec 29th	OFF	5:00-6:30
Mon Dec 30th	OFF	6:00-7:30
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

AG4 Gold		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	11:00-12:30	
Sat Dec 28th	OFF	5:30-7:00
Sun Dec 29th	OFF	12:30-2:30
Mon Dec 30th	OFF	6:00-7:30
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

AG4 Green		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	12:30-2:00
Sat Dec 28th	OFF	5:30-7:00
Sun Dec 29th	OFF	12:30-2:00
Mon Dec 30th	OFF	OFF
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

AG3 Gold		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	9:30-11:00	OFF
Sat Dec 28th	OFF	1:00-3:00
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	12:00-2:00
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

UES AG3 Green		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	OFF	1:30-3:00
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	12:00-2:00
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

BPC AG3 Green		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	9:00-10:30	OFF
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	5:00-6:30
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

UES AG2 Gold		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	10:00-11:15	OFF
Sun Dec 29th	OFF	OFF
Mon Dec 30th	11:00-12:15	OFF
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

BPC AG2 Gold		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	9:00-10:15	OFF
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	3:45-5:00
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

UES AG2 Green		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	11:15-12:15	OFF
Sun Dec 29th	OFF	OFF
Mon Dec 30th	11:00-12:00	OFF
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

BPC AG2 Green		
Dec 22- Dec 26th OFF		
Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	8:00-9:00	OFF
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	4:00-5:00
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

UES AG1**Dec 22- Dec 26th OFF**

Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	OFF	12:15-1:00
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	12:15-1:00
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF

BPC AG1**Dec 22- Dec 26th OFF**

Date	AM Swim	PM Swim
Fri Dec 27th	OFF	OFF
Sat Dec 28th	8:15-9:00	OFF
Sun Dec 29th	OFF	OFF
Mon Dec 30th	OFF	4:15-5:00
Tues Dec 31st	OFF	OFF
Weds Jan 1st	OFF	OFF