Atlantis Swimming Schedule Week of Sep 10, 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Sep 10, 2018	Sep 11, 2018	Sep 12, 2018	Sep 13, 2018	Sep 14, 2018	Sep 15, 2018	Sep 16, 2018
North	Speedster A	OFF	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**10 & Under Clinic 5:00-5:30pm Groves**
	Speedster B			**6:10 - 6:55pm Covington**				
	Speedster C			**6:50-7:35 Covington**				
	Bronze E			5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:15-10:30am **Ferndale**	
	Bronze L			6:45-8:00pm **Covington**				
	Silver E		5:45-7:00pm **Covington**	6:30-8:00pm **Berkshire**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm / Groves**
	Silver L							
	Gold		7:00-8:30pm **Covington**	6:30-8:30pm **Ferndale**		6:00-7:30pm **Ferndale**	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm / Groves**
	Masters		5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster		OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under Clinic 5:00-5:30pm Seaholm / Groves**
	Bronze			5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver		6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	3:30-5:15pm **Seaholm / Groves**
	Gold		6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	3:30-5:30pm **Seaholm / Groves**
	Masters		5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM		4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	OFF	OFF	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm / Groves**
	Senior AM		5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Sep 17, 2018

		Monday Sep 17, 2018	Tuesday Sep 18, 2018	Wednesday Sep 19, 2018	Thursday Sep 20, 2018	Friday Sep 21, 2018	Saturday Sep 22, 2018	Sunday Sep 23, 2018
North	Speedster A	5:30-6:15pm Covington	OFF	5:30-6:15pm Covington	Parent Meeting @ Seaholm Little Theater 6:30pm	5:30-6:30pm Ferndale	9:30-10:30am Ferndale	9 & Under Clinic 5:00-5:30pm Seaholm / Groves
	Speedster B	6:10 - 6:55pm Covington		6:10 - 6:55pm Covington				
	Speedster C	6:50-7:35 Covington		6:50-7:35 Covington				
	Bronze E	5:30-6:45pm Covington		5:30-6:45pm Covington		5:30-6:45pm Ferndale	9:15-10:30am Ferndale	
	Bronze L	6:45-8:00pm Covington		6:45-8:00pm Covington				
	Silver E	6:30-8:00pm Berkshire	5:45-7:00pm Covington	5:45-7:15pm Groves		OFF	8:30-10:00am Ferndale	3:30-5:15pm Seaholm / Groves
	Silver L			6:45-8:15pm Groves				
	Gold	6:30-8:30pm Ferndale	7:00-8:30pm Covington	6:30-8:30pm Groves		6:00-7:30pm Ferndale	8:00-10:00am Ferndale	3:30-5:30pm Seaholm / Groves
	Masters	5:30 - 7:00am Groves	5:30 - 7:00am Groves	OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	Parent Meeting @ Seaholm Little Theater 6:30pm	5:30-6:30pm	9:30-10:30am	9 & Under Clinic 5:00-5:30pm Seaholm / Groves
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	3:30-5:15pm Seaholm / Groves
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	3:30-5:30pm Seaholm / Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	4:30-6:30pm Ferndale	4:30-6:30pm Ferndale	4:30-6:30pm Ferndale	Parent Meeting @ Seaholm Little Theater 6:30pm	OFF	8:00-10:00am Ferndale	3:30-5:30pm Seaholm / Groves
	Senior AM	OFF	5:30- 7:00am Groves Required for Second Year Seniors	OFF		5:30- 7:00am Groves Required for All Seniors		

Atlantis Swimming Schedule Week of Sep 24, 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Sep 24, 2018	Sep 25, 2018	Sep 26, 2018	Sep 27, 2018	Sep 28, 2018	Sep 29, 2018	Sep 30, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under FR Clinic 5:00-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covington**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	6:30-8:00pm **Berkshire**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm**
	Silver L	6:45-8:15pm **Groves**						
	Gold	6:30-8:30pm **Groves**	7:00-8:30pm **Covington**	6:30-8:30pm **Ferndale**		6:00-7:30pm **Ferndale**	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under FR Clinic 5:00-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	3:30-5:15pm **Seaholm**
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	3:30-5:30pm **Seaholm**
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	OFF	OFF	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Oct 1, 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Oct 1, 2018	Oct 2, 2018	Oct 3, 2018	Oct 4, 2018	Oct 5, 2018	Oct 6, 2018	Oct 7, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**6:30-7:30pm Berkshire**	9:30-10:30am **Ferndale**	**9 & Under BK Clinic 5:00-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covingtoni**		5:30-6:45pm **Covington**		**6:30-7:45pm Berkshire**	9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	6:30-8:00pm **Berkshire**	5:45-7:00pm **Covington**	6:30-8:00pm **Berkshire**		**OFF**	8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm**
	Silver L							
	Gold	6:30-8:30pm **Ferndale**	7:00-8:30pm **Covington**	6:30-8:30pm **Ferndale**		6:00-7:30pm **Covington**	8:30-10:30am **Ferndale**	3:30-5:30pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	**OFF**
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	**OFF**	5:30-6:15pm	**OFF**	6:30-7:30pm Berkshire	9:30-10:30am	**9 & Under BK Clinic 5:00-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm		6:30-7:45pm Berkshire	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		**OFF**	8:30-10:00am	3:30-5:15pm **Seaholm**
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm Covington	8:00-10:00am	3:30-5:30pm **Seaholm**
	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am	**OFF**
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	**OFF**	**OFF**	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	**OFF**	5:30- 7:00am **Groves** Required for Second Year Seniors	**OFF**		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Oct 8, 2018

		Monday Oct 8, 2018	Tuesday Oct 9, 2018	Wednesday Oct 10, 2018	Thursday Oct 11, 2018	Friday Oct 12, 2018	Saturday Oct 13, 2018	Sunday Oct 14, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under BR Clinic 5:00-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covingtoni**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	6:30-8:00pm **Berkshire**	5:45-7:00pm **Covington**	6:30-8:00pm **Berkshire**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm**
	Silver L							
	Gold	6:30-8:30pm **Ferndale**	7:00-8:30pm **Covington**	6:30-8:30pm **Ferndale**		6:00-7:30pm **Covington**	8:30-10:30am **Covington**	3:30-5:30pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under BR Clinic 5:00-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	3:30-5:15pm **Seaholm**
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	3:30-5:30pm **Seaholm**
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	OFF	OFF	OFF	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Oct 15, 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Oct 15, 2018	Oct 16, 2018	Oct 17, 2018	Oct 18, 2018	Oct 19, 2018	Oct 20, 2018	Oct 21, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	OFF or OLY Meet	OFF or OLY Meet
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covingtoni**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**		
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	6:30-8:00pm **Berkshire**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF		
	Silver L			6:45-8:15pm **Groves**				
	Gold	6:30-8:30pm **Ferndale**	7:00-8:30pm **Covington**	6:30-8:30pm **Berkshire**		6:00-7:30pm **Ferndale**		
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**		
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm		
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm		
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF		
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm		
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am		
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	OFF	OFF		
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Oct 22, 2018

		Monday Oct 22, 2018	Tuesday Oct 23, 2018	Wednesday Oct 24, 2018	Thursday Oct 25, 2018	Friday Oct 26, 2018	Saturday Oct 27, 2018	Sunday Oct 28, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**Halloween Costume Contest 3:30-4:30pm Gold/Senior Led Start and Turn Clinic 4:30-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covingtoni**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	6:15-7:45pm **Ferndale**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:30-8:30pm **Berkshire**	6:30-8:30pm **Ferndale**	6:30-8:30pm **Berkshire**		6:00-7:30pm **Ferndale**	8:30-10:30am **Covington**	
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**Halloween Costume Contest 3:30-4:30pm Gold/Senior Led Start and Turn Clinic 4:30-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	OFF	OFF	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Oct 29, 2018

		Monday Oct 29, 2018	Tuesday Oct 30, 2018	Wednesday Oct 31, 2018	Thursday Nov 1, 2018	Friday Nov 2, 2018	Saturday Nov 3, 2018	Sunday Nov 4, 2018
North	Speedster A	**5:30-6:15pm Covington**	**OFF**	**OFF HAPPY HALLOWEEN**	**5:30-6:30pm Ferndale**	**IMX Meet @ Seaholm! Session 1: 4pm Warmup, 5pm Start Friday Session 2: 8am Warmup, 9am Start Saturday Session 3: 1pm Warmup, 2pm Start Saturday Session 4: 8am Warmup, 9am Start Sunday Session 5: 1pm Warmup, 2pm Start Sunday ... Swimmers please be ready to go 15 minutes before warm up ... Thank you parents for Volunteering and making the meet a success ... Let's swim FAST and host a great meet!**		
	Speedster B	**6:10 - 6:55pm Covington**						
	Speedster C	**6:50-7:35 Covington**						
	Bronze E	5:30-6:45pm **Covington**			**5:45-6:45pm Ferndale**			
	Bronze L	6:45-8:00pm **Covington**						
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**		**6:30-7:30pm Ferndale**			
	Silver L	6:45-8:15pm **Groves**						
	Gold	6:30-8:30pm **Groves**	7:00-8:30pm **Covington**		6:00-7:30pm **Ferndale**			
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**	
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	**OFF**	**OFF HAPPY HALLOWEEN**	5:30-6:30pm	IMX Meet @ Seaholm! Session 1: 4pm Warmup, 5pm Start Friday Session 2: 8am Warmup, 9am Start Saturday Session 3: 1pm Warmup, 2pm Start Saturday Session 4: 8am Warmup, 9am Start Sunday Session 5: 1pm Warmup, 2pm Start Sunday ... Swimmers please be ready to go 15 minutes before warm up ... Thank you parents for Volunteering and making the meet a success ... Let's swim FAST and host a great meet!		
	Bronze	5:30-6:45pm			5:30-6:45pm			
	Silver	6:15-7:45pm	6:15-7:45pm		**6:30-7:30pm**			
	Gold	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm			
	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	**OFF**	
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	**OFF**	**IMX Meet @ Seaholm**	IMX Meet @ Seaholm! Session 1: 4pm Warmup, 5pm Start Friday Session 2: 8am Warmup, 9am Start Saturday Session 3: 1pm Warmup, 2pm Start Saturday Session 4: 8am Warmup, 9am Start Sunday Session 5: 1pm Warmup, 2pm Start Sunday ...	
	Senior AM	**OFF**	5:30- 7:00am **Groves** Required for Second Year Seniors	**OFF**	**5:30- 7:00am Groves** Required for All Seniors	**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Nov 5, 2018

		Monday Nov 5, 2018	Tuesday Nov 6, 2018	Wednesday Nov 7, 2018	Thursday Nov 8, 2018	Friday Nov 9, 2018	Saturday Nov 10, 2018	Sunday Nov 11, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under TURN Clinic 5:00-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covingtoni**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	8:30-10:30am **Covington**	3:30-5:30pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under TURN Clinic 5:00-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	3:30-5:15pm **Seaholm**
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	3:30-5:30pm **Seaholm**
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	4:30-6:30pm **Ferndale**	OFF	OFF	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	OFF	OFF	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Nov 12, 2018

		Monday Nov 12, 2018	Tuesday Nov 13, 2018	Wednesday Nov 14, 2018	Thursday Nov 15, 2018	Friday Nov 16, 2018	Saturday Nov 17, 2018	Sunday Nov 18, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Groves**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under FR Clinic 5:00-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Groves**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Groves**				
	Bronze E	5:30-6:45pm **Covington**		5:30-6:45pm **Groves**		**5:30-6:45pm Ferndale**	9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Groves**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	8:30-10:30am **Covington**	3:30-5:30pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under FR Clinic 5:00-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:15-10:30am	
	Silver	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	8:30-10:00am	3:30-5:15pm **Seaholm**
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	8:00-10:00am	3:30-5:30pm **Seaholm**
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:30-8:30pm **Ferndale**	6:30-8:30pm **Ferndale**	6:30-8:30pm **Ferndale**	OFF	OFF	8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Nov 19, 2018

		Monday Nov 19, 2018	Tuesday Nov 20, 2018	Wednesday Nov 21, 2018	Thursday Nov 22, 2018	Friday Nov 23, 2018	Saturday Nov 24, 2018	Sunday Nov 25, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	Happy Thanksgiving! Eat SOO much FOOD! NO PRACTICE		9:30-10:30am **Ferndale**	**9 & Under BR Clinic 5:00-5:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covingtoni**		5:30-6:45pm **Covington**			9:15-10:30am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	6:00-7:30PM **Groves**			8:30-10:00am **Ferndale**	3:30-5:15pm **Seaholm**
	Silver L	6:45-8:15pm **Groves**						
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**			8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**			**OFF**	**OFF**
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm			9:30-10:30am	**9 & Under BR Clinic 5:00-5:30pm Seaholm**
	Bronze	5:30-6:45pm		5:30-6:45pm			9:15-10:30am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm			8:30-10:00am	3:30-5:15pm **Seaholm**
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm			8:00-10:00am	3:30-5:30pm **Seaholm**
	Masters	5:30-6:45am	5:30-6:45am	**OFF**			7:00-8:00am	**OFF**
Seniors	Senior PM	6:00-8:00pm **Groves**	6:30-8:30pm **Ferndale**	6:00-8:00pm **Groves**			8:00-10:00am **Ferndale**	3:30-5:30pm **Seaholm**
	Senior AM	**OFF**	5:30- 7:00am **Groves** Required for Second Year Seniors	**OFF**				

Atlantis Swimming Schedule Week of Nov 26, 2018

		Monday Nov 26, 2018	Tuesday Nov 27, 2018	Wednesday Nov 28, 2018	Thursday Nov 29, 2018	Friday Nov 30, 2018	Saturday Dec 1, 2018	Sunday Dec 2, 2018
North	Speedster A	5:30-6:15pm Covington	OFF	5:30-6:15pm Covington	OFF	5:30-6:30pm Ferndale	9:30-10:30am Ferndale	9 & Under BK Clinic 5:00-5:30pm Groves
	Speedster B	6:10 - 6:55pm Covington		6:10 - 6:55pm Covington				
	Speedster C	6:50-7:35 Covington		6:50-7:35 Covington				
	Bronze E	5:30-6:45pm Covingtoni		5:30-6:45pm Covington		5:30-6:45pm Ferndale	9:45-11:00am Ferndale	
	Bronze L	6:45-8:00pm Covington		6:45-8:00pm Covington				
	Silver E	5:45-7:15pm Groves	5:45-7:00pm Covington	5:45-7:15pm Groves		OFF	8:30-10:00am Ferndale	3:30-5:15pm Groves
	Silver L	6:45-8:15pm Groves		6:45-8:15pm Groves				
	Gold	6:00-8:00pm Groves	7:00-8:30pm Covington	6:00-8:00pm Groves		6:00-7:30pm Ferndale	9:00-11:00am Ferndale	3:30-5:30pm Groves
	Masters	5:30 - 7:00am Groves	5:30 - 7:00am Groves	OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	9 & Under BK Clinic 5:00-5:30pm Groves
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm Groves	5:30-7:30pm Ferndale	6:00-8:00pm Groves	OFF	OFF	8:30-10:30am Covington	3:30-5:30pm Groves
	Senior AM	OFF	5:30- 7:00am Groves Required for Second Year Seniors	OFF		5:30- 7:00am Groves Required for All Seniors		

Atlantis Swimming Schedule Week of Dec 3, 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Dec 3, 2018	Dec 4, 2018	Dec 5, 2018	Dec 6, 2018	Dec 7, 2018	Dec 8, 2018	Dec 9, 2018
North	Speedster A	**5:30-6:15pm Groves**	OFF	**5:30-6:15pm Groves**	OFF	**5:30-6:30pm Ferndale**	GLT: Prelim/Final	
	Speedster B	**6:10 - 6:55pm Groves**		**6:10 - 6:55pm Groves**				
	Speedster C	**6:50-7:35 Groves**		**6:50-7:35 Groves**				
	Bronze E	6:00-7:15pm **Groves**		6:00-7:15pm **Groves**		**5:30-6:30pm Ferndale**		
	Bronze L	7:00-8:15pm **Groves**		7:00-8:15pm **Groves**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF		
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Ferndale**	7:00-8:30pm **Covington**	6:00-8:00pm **Ferndale**		6:00-7:00pm **Ferndale**		
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	GLT: Prelim/Final	
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:30pm		
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF		
	Gold	6:00-8:00pm	6:30-8:30pm	6:00-8:00pm		6:00-7:00pm		
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am Ferndale	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	OFF	OFF	GLT: Prelim/Final	
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Dec 10, 2018

		Monday Dec 10, 2018	Tuesday Dec 11, 2018	Wednesday Dec 12, 2018	Thursday Dec 13, 2018	Friday Dec 14, 2018	Saturday Dec 15, 2018	Sunday Dec 16, 2018
North	Speedster A	6:00-8:00pm Candy Cane Relays **Groves**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under BK Clinic 5:00-5:30pm Groves**
	Speedster B			**6:10 - 6:55pm Covington**				
	Speedster C			**6:50-7:35 Covington**				
	Bronze E			5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L			6:45-8:00pm **Covington**				
	Silver E		5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L			6:45-8:15pm **Groves**				
	Gold		7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	Practices Canceled Due to Weather	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	6:00-8:00pm Candy Cane Relays Groves	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under BK Clinic 5:00-5:30pm Groves**
	Bronze			5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver		6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm **Groves**
	Gold		6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm **Groves**
	Masters	5:30-6:45am	5:30-6:45am	OFF	Practices Canceled Due to Weather	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	OFF	OFF	8:30-10:30am **Covington**	3:30-5:30pm **Groves**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Dec 17, 2018

		Monday Dec 17, 2018	Tuesday Dec 18, 2018	Wednesday Dec 19, 2018	Thursday Dec 20, 2018	Friday Dec 21, 2018	Saturday Dec 22, 2018	Sunday Dec 23, 2018
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Groves**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under BK Clinic 5:00-5:30pm Groves**
	Speedster B	**6:10 - 6:55pm Covington**		**6:10 - 6:55pm Groves**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Groves**				
	Bronze E	5:30-6:45pm **Covington**		6:00-7:15pm **Groves**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		7:00-8:15pm **Groves**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Ferndale**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under BK Clinic 5:00-5:30pm Groves**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:30-8:00pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm **Groves**
	Gold	6:30-8:30pm	6:30-8:30pm	6:00-8:00pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm **Groves**
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	**5:30 - 7:00am Groves**	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	OFF	OFF	8:30-10:30am **Covington**	3:30-5:30pm **Groves**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Dec 24, 2018

		Monday Dec 24, 2018	Tuesday Dec 25, 2018	Wednesday Dec 26, 2018	Thursday Dec 27, 2018	Friday Dec 28, 2018	Saturday Dec 29, 2018	Sunday Dec 30, 2018
PM	Speedster	OFF	OFF	**6:15-7:15pm Groves**	**5:00-6:00pm Groves**	**5:00-6:00pm Groves**	**5:00-6:00pm Groves**	**Speedster, Bronze, Silver Start & Turn Clinic led by Gold and Senior Swimmers 3:00-4:00pm -AND- Silver, Gold, Senior Practice 4:00-5:00pm GROVES**
	Bronze			**6:15-7:30pm Groves**	**5:00-6:15pm Groves**	**5:00-6:15pm Groves**	**5:00-6:15pm Groves**	
	Silver			6:15-7:30pm **Groves**	5:00-6:30pm **Groves**	5:00-6:30pm **Groves**	5:00-6:30pm **Groves**	
	Gold			5:00-7:00pm **Groves**	5:00-7:00pm **Groves**	5:00-7:00pm **Groves**	5:00-7:00pm **Groves**	
	Senior			4:30 - 6:30pm **Ferndale**	4:30 - 6:30pm **Ferndale**	4:30 - 6:30pm **Ferndale**	4:30 - 6:30pm **Ferndale**	
AM @ Groves (if not specificed)	Silver	7:30-9:00am		7:30-9:00am	7:30-9:00am	7:30-9:00am	9:00-10:30am **Ferndale**	9:30-11:00am
	Gold	7:00-9:00am		7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00-11:00am **Ferndale**	9:00-11:00am
	Senior	7:00-9:00am		7:00-9:00am	7:00-9:00am	7:00-9:00am	8:00-10:00am **Ferndale**	9:00-11:00am
	Masters	7:00-8:30am		**OFF**	5:30 - 7:00am	5:30 - 7:00am	7:00-8:00am **Ferndale**	8:00-9:00am

Atlantis Swimming Schedule Week of Dec 31, 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Dec 31, 2018	Jan 1, 2019	Jan 2, 2019	Jan 3, 2019	Jan 4, 2019	Jan 5, 2019	Jan 6, 2019
North	Speedster A	1:00-2:00pm Groves	OFF Happy New Year	5:30-6:15pm Covington	OFF	Last Train To Indy	Last Train To Indy	11 & Under FR Clinic 5:00-5:30pm Groves
	Speedster B			6:10 - 6:55pm Covington				
	Speedster C			6:50-7:35 Covington				
	Bronze E	12:45-2:00pm Groves		5:30-6:45pm Covington				
	Bronze L			6:45-8:00pm Covington				
	Silver E	11:30-1:00pm Groves		5:45-7:15pm Groves				3:30-5:15pm Groves
	Silver L			6:45-8:15pm Groves				
	Gold	11:00-1:00pm Groves		6:00-8:00pm Groves				3:30-5:30pm Groves
	Masters	5:30 - 7:00am Groves		OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves		OFF
South (held at Ferndale High School M-Sat)	Speedster	1:00-2:00pm Groves		5:30-6:15pm	OFF	Last Train To Indy		11 & Under FR Clinic 5:00-5:30pm Groves
	Bronze	12:45-2:00pm Groves		5:30-6:45pm				
	Silver	11:30-1:00pm Groves		6:00-7:30pm				3:30-5:15pm Groves
	Gold	11:00-1:00pm Groves		6:30-8:30pm				3:30-5:30pm Groves
	Masters	5:30 - 7:00am Groves		OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves		OFF
Seniors	Senior PM	OFF		6:00-8:00pm Groves	OFF	OFF		3:30-5:30pm Groves
	Senior AM	11:00-1:00pm Groves		OFF	5:30- 7:00am Groves Required for All Seniors	5:30- 7:00am Groves Required for All Seniors		

Atlantis Swimming Schedule Week of Jan 7, 2019

		Monday Jan 7, 2019	Tuesday Jan 8, 2019	Wednesday Jan 9, 2019	Thursday Jan 10, 2019	Friday Jan 11, 2019	Saturday Jan 12, 2019	Sunday Jan 13, 2019
North	Speedster A	**5:30-6:15pm Groves**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	OFF	4:30-5:30pm **Groves**
	Speedster B	**6:10 - 6:55pm Groves**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Groves**		**6:50-7:35 Covington**				
	Bronze E	6:00-7:15pm **Groves**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**		4:15-5:30pm **Groves**
	Bronze L	7:00-8:15pm **Groves**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Ferndale**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	OFF	**4:30-5:30pm Groves**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm		**4:15-5:30pm Groves**
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	**3:30-5:15pm Groves**
	Gold	6:00-8:00pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	**3:30-5:30pm Groves**
	Masters	5:30 - 6:45am	5:30 - 6:45am	OFF	5:30 - 6:45am	5:30 - 6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	OFF	OFF	9:00-11:00am **Ferndale**	3:30-5:30pm Groves
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Jan 14, 2019

		Monday Jan 14, 2019	Tuesday Jan 15, 2019	Wednesday Jan 16, 2019	Thursday Jan 17, 2019	Friday Jan 18, 2019	Saturday Jan 19, 2019	Sunday Jan 20, 2019
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	OFF	9:30-10:30am **Ferndale**	**1:30-2:30pm Seaholm**
	Speedster B	**6:10 - 6:55pm**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covington**		5:30-6:45pm **Covington**			9:45-11:00am **Ferndale**	**1:30-2:30pm Seaholm**
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**			8:30-10:00am **Ferndale**	12:00-1:30pm **Seaholm**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**			9:00-11:00am **Ferndale**	12:00-2:00pm **Seaholm**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	OFF	9:30-10:30am	1:30-2:30pm Seaholm
	Bronze	5:30-6:45pm		5:30-6:45pm			9:45-11:00am	1:30-2:30pm Seaholm
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm			8:30-10:00am	12:00-1:30pm Seaholm
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm			9:00-11:00am	12:00-2:00pm Seaholm
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	OFF	OFF	8:30-10:30am **Covington**	12:00-2:00pm Seaholm
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** All Gold & Seniors		

Atlantis Swimming Schedule Week of Jan 21, 2019

		Monday Jan 21, 2019	Tuesday Jan 22, 2019	Wednesday Jan 23, 2019	Thursday Jan 24, 2019	Friday Jan 25, 2019	Saturday Jan 26, 2019	Sunday Jan 27, 2019
North	Speedster A	5:30-6:15pm Covington	OFF	5:30-6:15pm Covington	OFF	5:30-6:30pm Ferndale	9:30-10:30am Ferndale	OFF
	Speedster B	6:10 - 6:55pm		6:10 - 6:55pm Covington				
	Speedster C	6:50-7:35 Covington		6:50-7:35 Covington				
	Bronze E	5:30-6:45pm Covington		5:30-6:45pm Covington		5:30-6:45pm Ferndale	9:45-11:00am Ferndale	
	Bronze L	6:45-8:00pm Covington		6:45-8:00pm Covington				
	Silver E	6:00-7:30pm Ferndale	5:45-7:00pm Covington	5:45-7:15pm Groves		OFF	8:30-10:00am Ferndale	3:30-5:15pm Groves
	Silver L			6:45-8:15pm Groves				
	Gold	6:00-8:00pm Ferndale	7:00-8:30pm Covington	6:00-8:00pm Groves		6:00-7:30pm Ferndale	9:00-11:00am Ferndale	3:30-5:30pm Groves
	Masters	5:30 - 6:45am Ferndale	5:30 - 6:45am Ferndale	OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	OFF
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:00-8:00pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	OFF	5:30-7:30pm Ferndale	6:00-8:00pm Groves	OFF	OFF	9:00-11:00am Ferndale	OFF
	Senior AM		OFF	OFF	5:30- 7:00am Groves Required for All Seniors			

Atlantis Swimming Schedule Week of Jan 28, 2019

		Monday Jan 28, 2019	Tuesday Jan 29, 2019	Wednesday Jan 30, 2019	Thursday Jan 31, 2019	Friday Feb 1, 2019	Saturday Feb 2, 2019	Sunday Feb 3, 2019
North	Speedster A	5:30-6:15pm Covington	OFF	5:30-6:15pm Covington	OFF	UM vs. MSU Meet	OFF or Hot Chocolate Meet	4:30-5:30pm Groves
	Speedster B	6:10 - 6:55pm		6:10 - 6:55pm Covington				
	Speedster C	6:50-7:35 Covington		6:50-7:35 Covington				
	Bronze E	5:30-6:45pm Covington		5:30-6:45pm Covington				4:15-5:30pm Groves
	Bronze L	6:45-8:00pm Covington		6:45-8:00pm Covington				
	Silver E	5:45-7:15pm Groves	5:45-7:00pm Covington	5:45-7:15pm Groves			8:30-10:00am Ferndale	3:30-5:15pm Groves
	Silver L	6:45-8:15pm Groves		6:45-8:15pm Groves				
	Gold	6:00-8:00pm Groves	7:00-8:30pm Covington	6:00-8:00pm Groves			9:00-11:00am Ferndale	3:30-5:30pm Groves
	Masters	5:30 - 7:00am Groves	5:30 - 7:00am Groves	OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	UM vs. MSU Meet	OFF or Hot Chocolate Meet	4:30-5:30pm Groves
	Bronze	5:30-6:45pm		5:30-6:45pm				4:15-5:30pm Groves
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm			8:30-10:00am	3:30-5:15pm Groves
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm			9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm Groves	5:30-7:30pm Ferndale	6:00-8:00pm Groves	OFF	OFF	9:00-11:00am Ferndale	3:30-5:30pm Groves
	Senior AM	OFF	OFF	OFF		5:30- 7:00am Groves Required for All Seniors		

Atlantis Swimming Schedule Week of Feb 4, 2019

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Feb 4, 2019	Feb 5, 2019	Feb 6, 2019	Feb 7, 2019	Feb 8, 2019	Feb 9, 2019	Feb 10, 2019
North	Speedster A	**5:30-6:15pm Groves**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**All *ONLY* DISTRICT SWIMMERS Start & Turn Clinic 5:00-5:30pm Groves**
	Speedster B	**6:10 - 6:55pm**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Groves**		**6:50-7:35 Covington**				
	Bronze E	6:00-7:15pm **Groves**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L	7:00-8:15pm **Groves**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Ferndale**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**All ONLY DISTRICT SWIMMERS Start & Turn Clinic 5:00-5:30pm Groves**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:00-8:00pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	OFF	OFF	9:00-11:00am Ferndale	3:30-5:30pm Groves
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Feb 11, 2019

		Monday Feb 11, 2019	Tuesday Feb 12, 2019	Wednesday Feb 13, 2019	Thursday Feb 14, 2019	Friday Feb 15, 2019	Saturday Feb 16, 2019	Sunday Feb 17, 2019
North	Speedster A	5:30-6:15pm Groves	OFF	5:30-6:15pm Covington	District Prep Practice @ Ferndale 6:00-7:30pm	5:30-6:30pm Ferndale	OFF or Districts @ Waterford	OFF or Districts @ Waterford
	Speedster B	6:10 - 6:55pm		6:10 - 6:55pm Covington				
	Speedster C	6:50-7:35 Groves		6:50-7:35 Covington				
	Bronze E	6:00-7:15pm Groves		5:30-6:45pm Covington		5:30-6:45pm Ferndale		
	Bronze L	7:00-8:15pm Groves		6:45-8:00pm Covington				
	Silver E	5:45-7:15pm Groves	5:45-7:00pm Covington	5:45-7:15pm Groves		OFF	8:30-10:00am Ferndale	3:30-5:15pm Groves
	Silver L	6:45-8:15pm Groves		6:45-8:15pm Groves				
	Gold	6:00-8:00pm Ferndale	7:00-8:30pm Covington	6:00-8:00pm Groves		6:00-7:30pm Ferndale	9:00-11:00am Ferndale	3:30-5:30pm Groves
	Masters	5:30 - 7:00am Groves	5:30 - 7:00am Groves	OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	District Prep Practice @ Ferndale 6:00-7:30pm	5:30-6:30pm	OFF or Districts @ Waterford	OFF or Districts @ Waterford
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm		
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:00-8:00pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm Groves	5:30-7:30pm Ferndale	6:00-8:00pm Groves	OFF	OFF	9:00-11:00am Ferndale	3:30-5:30pm Groves
	Senior AM	OFF	5:30- 7:00am Groves Required for Second Year Seniors	OFF		5:30- 7:00am Groves Required for All Seniors		

Atlantis Swimming Schedule Week of Feb 18, 2019

		Monday Feb 18, 2019	Tuesday Feb 19, 2019	Wednesday Feb 20, 2019	Thursday Feb 21, 2019	Friday Feb 22, 2019	Saturday Feb 23, 2019	Sunday Feb 24, 2019
North	Speedster A	**5:30-6:15pm Covington**	OFF	6:00-7:00pm **Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under BK Clinic 5:00-5:30pm Groves**
	Speedster B	**6:10 - 6:55pm**						
	Speedster C	**6:50-7:35 Covington**						
	Bronze E	5:30-6:45pm **Covington**		6:00-7:15pm **Covington**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**						
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	6:00-7:30pm **Groves**		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L	6:45-8:15pm **Groves**						
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	**9 & Under BK Clinic 5:00-5:30pm Groves**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	OFF	OFF	OFF	8:30-10:30am **Groves**	3:30-5:30pm Groves
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Feb 25, 2019

		Monday Feb 25, 2019	Tuesday Feb 26, 2019	Wednesday Feb 27, 2019	Thursday Feb 28, 2019	Friday Mar 1, 2019	Saturday Mar 2, 2019	Sunday Mar 3, 2019
North	Speedster A	**5:30-6:15pm Covington**	**OFF**	**5:30-6:15pm Covington**	**JO Prep Practice @ Ferndale 6-7:30pm**	**JO's**	OFF or JO's	OFF or JO's
	Speedster B	**6:10 - 6:55pm**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covington**		5:30-6:45pm **Covington**				4:15-5:30pm **Groves**
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**			8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Groves**	7:00-8:30pm **Covington**	6:00-8:00pm **Groves**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	**OFF**
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	**OFF**	5:30-6:15pm	**JO Prep Practice @ Ferndale 6-7:30pm**	JO's	OFF or JO's	OFF or JO's
	Bronze	5:30-6:45pm		5:30-6:45pm				
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm			8:30-10:00am	3:30-5:15pm Groves
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am	**OFF**
Seniors	Senior PM	6:00-8:00pm **Groves**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Groves**	**OFF**	**OFF**	**8:00-10:00am Ferndale**	3:30-5:30pm Groves
	Senior AM	**OFF**	5:30- 7:00am **Groves** Required for Second Year Seniors	**OFF**		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Mar 4, 2019

		Monday Mar 4, 2019	Tuesday Mar 5, 2019	Wednesday Mar 6, 2019	Thursday Mar 7, 2019	Friday Mar 8, 2019	Saturday Mar 9, 2019	Sunday Mar 10, 2019
North	Speedster A	6:15-7:00pm **Covington**	**OFF**	6:15-7:00pm **Covington**	**State Team Dinner**	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	**9 & Under BR Clinic 5:00-5:30pm Groves**
	Speedster B							
	Speedster C							
	Bronze E	7:00-8:00pm **Covington**		7:00-8:00pm **Covington**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L							
	Silver E	5:45-7:15pm **Groves**	5:45-7:00pm **Covington**	5:45-7:15pm **Groves**		**OFF**	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L	6:45-8:15pm **Groves**		6:45-8:15pm **Groves**				
	Gold	6:00-8:00pm **Ferndale**	7:00-8:30pm **Covington**	6:00-8:00pm **Ferndale**		6:00-7:30pm **Ferndale**	8:30-10:30am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	**OFF**
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	**OFF**	5:30-6:15pm	**State Team Dinner**	5:30-6:30pm	9:30-10:30am	**9 & Under BR Clinic 5:00-5:30pm Groves**
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		**OFF**	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:00-8:00pm	6:30-8:30pm	6:00-8:00pm		6:00-7:30pm	8:30-10:30am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am	**OFF**
Seniors	Senior PM	4:30-6:30pm **Ferndale**	5:30-7:30pm **Ferndale**	4:30-6:30pm **Ferndale**	**State Team Dinner**	**OFF**	8:30-10:30am **Seaholm**	3:30-5:30pm Groves
	Senior AM	**OFF**	5:30- 7:00am **Groves** Required for Second Year Seniors	**OFF**		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Mar 11, 2019

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Mar 11, 2019	Mar 12, 2019	Mar 13, 2019	Mar 14, 2019	Mar 15, 2019	Mar 16, 2019	Mar 17, 2019
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	OFF
	Speedster B	**6:10 - 6:55pm**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covington**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	6:00-7:30pm Seaholm	5:45-7:00pm **Covington**	6:00-7:30pm Seaholm		OFF	8:30-10:00am **Ferndale**	3:30-5:15pm **Groves**
	Silver L							
	Gold	6:00-8:00pm **Seaholm**	7:00-8:30pm **Covington**	6:00-8:00pm **Seaholm**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	3:30-5:30pm **Groves**
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	7:00-8:00am **Ferndale**	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am	OFF
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	3:30-5:15pm Groves
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm		6:00-7:30pm	9:00-11:00am	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	OFF
Seniors	Senior PM	6:00-8:00pm **Seaholm**	5:30-7:30pm **Ferndale**	6:00-8:00pm **Seaholm**	OFF	OFF	9:00-11:00am **Ferndale**	3:30-5:00pm **Groves**
	Senior AM	OFF	5:30- 7:00am **Groves** Required for Second Year Seniors	OFF		**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Mar 18, 2019

		Monday Mar 18, 2019	Tuesday Mar 19, 2019	Wednesday Mar 20, 2019	Thursday Mar 21, 2019	Friday Mar 22, 2019	Saturday Mar 23, 2019	Sunday Mar 24, 2019
North	Speedster A	**5:30-6:15pm Covington**	OFF	**5:30-6:15pm Covington**	OFF	**5:30-6:30pm Ferndale**	9:30-10:30am **Ferndale**	OFF
	Speedster B	**6:10 - 6:55pm**		**6:10 - 6:55pm Covington**				
	Speedster C	**6:50-7:35 Covington**		**6:50-7:35 Covington**				
	Bronze E	5:30-6:45pm **Covington**		5:30-6:45pm **Covington**		**5:30-6:45pm Ferndale**	9:45-11:00am **Ferndale**	
	Bronze L	6:45-8:00pm **Covington**		6:45-8:00pm **Covington**				
	Silver E	6:00-7:30pm Seaholm	5:45-7:00pm **Covington**	6:00-7:30pm Ferndale		**OFF**	8:30-10:00am **Ferndale**	
	Silver L							
	Gold	6:00-7:30pm **Seaholm**	7:00-8:30pm **Covington**	6:00-7:30pm **Ferndale**		6:00-7:30pm **Ferndale**	9:00-11:00am **Ferndale**	
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	**OFF**	5:30 - 7:00am **Groves**	5:30 - 6:45am **Ferndale**	7:00-8:00am **Ferndale**	
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	**OFF**	5:30-6:15pm	**OFF**	5:30-6:30pm	9:30-10:30am	
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		**OFF**	8:30-10:00am	
	Gold	6:30-8:00pm	6:30-8:00pm	6:00-7:30pm		6:00-7:30pm	9:00-11:00am	
	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am	
Seniors	Senior PM	6:00-7:30pm **Seaholm**	5:30-7:00pm **Ferndale**	5:30-7:00pm **Ferndale**	**OFF**	**OFF**	9:00-11:00am **Ferndale Time Trial For All @ Practice**	
	Senior AM	**OFF**	5:30- 7:00am **Groves** Required for Non State/ Sectional Second Year Seniors	**OFF**				

Atlantis Swimming Schedule Week of Mar 25, 2019

		Monday Mar 25, 2019	Tuesday Mar 26, 2019	Wednesday Mar 27, 2019	Thursday Mar 28, 2019	Friday Mar 29, 2019	Saturday Mar 30, 2019	Sunday Mar 31, 2019
North	Speedster A	6:00-7:00pm **Seaholm**	OFF	6:00-7:00pm **Seaholm**	OFF		OFF (until 4/10)	
	Speedster B							
	Speedster C							
	Bronze E	6:00-7:15pm **Seaholm**		6:00-7:15pm **Seaholm**				
	Bronze L							
	Silver E	6:00-7:30pm Seaholm	6:00-7:30pm **Seaholm**	6:00-7:30pm Seaholm				
	Silver L							
	Gold	6:00-7:30pm **Seaholm**	6:00-7:30pm **Seaholm**	6:00-7:30pm **Seaholm**				
	Masters	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**	OFF	5:30 - 7:00am **Groves**	5:30 - 7:00am **Groves**		
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF			
	Bronze	5:30-6:45pm		5:30-6:45pm				
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm				
	Gold	6:30-8:00pm	6:30-8:30pm	6:30-8:00pm				
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am		
Seniors	Senior PM	5:30-7:00pm **Ferndale**	5:30-7:00pm **Ferndale**	5:30-7:00pm **Ferndale**	OFF	OFF		
	Senior AM	OFF	**5:30- 7:00am Groves** Required for All Seniors	OFF	**5:30- 7:00am Groves** Required for All Seniors	**5:30- 7:00am Groves** Required for All Seniors		

Atlantis Swimming Schedule Week of Apr 1, 2019

		Monday Apr 1, 2019	Tuesday Apr 2, 2019	Wednesday Apr 3, 2019	Thursday Apr 4, 2019	Friday Apr 5, 2019	Saturday Apr 6, 2019	Sunday Apr 7, 2019
North	Speedster A	TAKE A BREAK!!!! See you on the 10th! (check out the schedule, as we move towards LCM we condense groups)						
	Speedster B							
	Speedster C							
	Bronze E							
	Bronze L							
	Silver E							
	Silver L							
	Gold							
	Masters							
South (held at Ferndale High School M-Sat)	Speedster							
	Bronze							
	Silver							
	Gold							
	Masters							
Seniors	Senior PM							
	Senior AM							

Atlantis Schedule Week of **Apr 8, 2019**

Location	Group	Monday Apr 8, 2019	Tuesday Apr 9, 2019	Wednesday Apr 10, 2019	Thursday Apr 11, 2019	Friday Apr 12, 2019	Saturday Apr 13, 2019	Sunday Apr 14, 2019
North (AMs @ Groves, PMs @ Seaholm if not specified)	Speedster	**OFF** **Hold on for one more day!**	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm **Ferndale**	10:00-11:00am Seaholm	**Banquet @ 4pm!!!**
	Bronze		**OFF**	6:00-7:15pm		5:30-6:45pm **Ferndale**	9:45-11:00am Seaholm	
	Silver		6:00-7:30pm	6:00-7:30pm		**OFF**	9:00-10:30am Seaholm	
	Gold		6:00-7:30pm	6:00-7:30pm		5:30-7:00pm **Ferndale**	8:00-10:00am Seaholm	
	Masters		5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	8:00-9:00am Seaholm	
South (@ Ferndale if not specified)	Speedster		**OFF**	5:30-6:15pm	**OFF**	5:30-6:30pm	10:00-11:00am **Seaholm**	
	Bronze		**OFF**	5:30-6:45pm		5:30-6:45pm	9:45-11:00am **Seaholm**	
	Silver		6:00-7:30pm **Seaholm**	6:00-7:30pm		**OFF**	9:00-10:30am **Seaholm**	
	Gold		6:00-7:30pm **Seaholm**	6:00-7:30pm		5:30-7:00pm	8:00-10:00am **Seaholm**	
	Masters		5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	8:00-9:00am **Seaholm**	
Senior (@Groves if not specified)	Senior PM		6:00-7:30pm **Seaholm**	6:00-7:30pm **Seaholm**	OFF	**OFF**	8:00-10:00am **Seaholm**	
	Senior AM		5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		

Atlantis Schedule Week of **Apr 15, 2019**

Location	Group	Monday Apr 15, 2019	Tuesday Apr 16, 2019	Wednesday Apr 17, 2019	Thursday Apr 18, 2019	Friday Apr 19, 2019	Saturday Apr 20, 2019	Sunday Apr 21, 2019
North (weekday AMs @ Groves, PMs @ Seaholm if not specified)	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm **Ferndale**	10:00-11:00am	**10 & Under Clinic Groves 5:00-5:30pm**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm **Ferndale**	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm **Ferndale**	6:00-7:30pm		**OFF**	9:00-10:30am	3:30-5:00pm **Groves**
	Gold	6:00-8:00pm	6:00-7:30pm **Ferndale**	6:00-8:00pm		5:30-7:00pm **Ferndale**	8:00-10:00am	3:30-5:30pm **Groves**
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	8:00- 9:00am **Seaholm**	**OFF**
South	Speedster	5:30-6:15pm	**OFF**	5:30-6:15pm	**OFF**	5:30-6:30pm	10:00-11:00am **Seaholm**	**10 & Under Clinic Groves 5:00-5:30pm**
	Bronze	5:30-6:45pm	**OFF**	5:30-6:45pm		5:30-6:45pm	9:45-11:00am **Seaholm**	
	Silver	5:30-7:00pm	6:00-7:30pm **Ferndale**	5:30-7:00pm		**OFF**	9:00-10:30am **Seaholm**	3:30-5:00pm **Groves**
	Gold	5:30-7:30pm	6:00-7:30pm **Ferndale**	5:30-7:30pm		5:30-7:00pm	8:00-10:00am **Seaholm**	3:30-5:30pm **Groves**
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	8:00- 9:00am **Seaholm**	**OFF**
Senior. (weekday AMs @ Groves, PMs specified)	PM	5:30-7:30pm **Ferndale**	5:30-7:00pm **Ferndale**	5:30-7:30pm **Ferndale**	OFF	**OFF**	8:00-10:00am **Seaholm**	3:30-5:30pm **Groves**
	AM	OFF	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	Coming MAY for all Senior Atlantis 2018 SCY Championship(District+) Competitors						

Atlantis Schedule Week of **Apr 22, 2019**

Location	Group	Monday Apr 22, 2019	Tuesday Apr 23, 2019	Wednesday Apr 24, 2019	Thursday Apr 25, 2019	Friday Apr 26, 2019	Saturday Apr 27, 2019	Sunday Apr 28, 2019
North (AMs @ Groves, PMs @ Seaholm if not specified)	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm **Ferndale**	10:00-11:00am	**10 & Under Clinic Groves 5:00-5:30pm**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm **Ferndale**	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm **Ferndale**	6:00-7:30pm		**OFF**	9:00-10:30am	3:30-5:00pm **Groves**
	Gold	6:00-8:00pm	6:00-7:30pm **Ferndale**	6:00-8:00pm		5:30-7:00pm **Ferndale**	8:00-10:00am	3:30-5:30pm **Groves**
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	8:00- 9:00am **Seaholm**	**OFF**
South	Speedster	5:30-6:15pm	**OFF**	5:30-6:15pm	**OFF**	5:30-6:30pm	10:00-11:00am **Seaholm**	**10 & Under Clinic Groves 5:00-5:30pm**
	Bronze	5:30-6:45pm	**OFF**	5:30-6:45pm		5:30-6:45pm	9:45-11:00am **Seaholm**	
	Silver	6:00-7:30pm	6:00-7:30pm **Ferndale**	6:00-7:30pm		**OFF**	9:00-10:30am **Seaholm**	3:30-5:00pm **Groves**
	Gold	6:00-8:00pm	6:00-7:30pm **Ferndale**	6:00-8:00pm		5:30-7:00pm	8:00-10:00am **Seaholm**	3:30-5:30pm **Groves**
	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	8:00- 9:00am **Seaholm**	**OFF**
Senior. (weekday AMs @ Groves, PMs specified)	PM	5:30-7:30pm **Ferndale**	5:30-7:00pm **Ferndale**	5:30-7:30pm **Ferndale**	OFF	**OFF**	8:00-10:00am **Seaholm**	3:30-5:30pm **Groves**
	AM	OFF	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	Coming MAY for all Senior Atlantis 2018 SCY Championship(District+) Competitors						

Atlantis Schedule Week of **Apr 29, 2019**

Location	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Apr 29, 2019	Apr 30, 2019	May 1, 2019	May 2, 2019	May 3, 2019	May 4, 2019	May 5, 2019
North (AMs @ Groves, PMs @ Seaholm if not specified)	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm **Ferndale**	10:00-11:00am **Seaholm**	**10 & Under Clinic Groves 5:00-5:30pm**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm **Ferndale**	9:45-11:00am **Seaholm**	
	Silver	6:00-7:30pm	6:00-7:30pm **Ferndale**	6:00-7:30pm		**OFF**	9:00-10:30am **Seaholm**	3:30-5:00pm **Groves**
	Gold	6:00-8:00pm	6:00-8:00pm **Ferndale**	6:00-8:00pm		5:30-7:00pm **Ferndale**	8:00-10:00am **Seaholm**	3:30-5:30pm **Groves**
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	7:00-8:00am	**OFF**
Seniors @ Groves unkless specified)	PM	4:00-6:00pm	5:30-7:00pm **Ferndale**	4:00-6:00pm	OFF	**OFF**	8:00-10:00am **Seaholm**	3:30-5:30pm
	AM	OFF	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	Coming MAY for all Senior Atlantis 2018 SCY Championship(District+) Competitors						
South. (Ferndale)	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am **Seaholm**	**OFF**

Atlantis Schedule Week of **May 6, 2019**

Location	Group	Monday May 6, 2019	Tuesday May 7, 2019	Wednesday May 8, 2019	Thursday May 9, 2019	Friday May 10, 2019	Saturday May 11, 2019	Sunday May 12, 2019
North (AMs @ Groves, PMs @ Seaholm if not specified)	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm **Groves**	10:00-11:00am **Groves**	**OFF HAPPY MOTHERS DAY!!**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm **Groves**	9:45-11:00am **Groves**	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	9:00-10:30am **Groves**	9:00-10:30am **Groves**
	Gold	6:00-8:00pm	6:00-7:30pm	6:00-8:00pm		5:30-7:00pm **Groves**	8:00-10:00am **Groves**	9:00-11:00am **Groves**
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	7:00-8:00am	**OFF**
Seniors @ Groves unless specified)	PM	4:00-6:00pm	6:00-7:30pm **Seaholm**	4:00-6:00pm	**OFF**	**OFF**	8:00-10:00am **Groves**	9:00-11:00am **Groves**
	AM	**OFF**	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	**OFF**	**OFF**	6:00-6:45pm		**OFF**	10:00-11:00am **Groves**	**OFF**
South. (Ferndale)	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am **Groves**	**OFF**

Atlantis Schedule Week of **May 13, 2019**

Location	Group	Monday May 13, 2019	Tuesday May 14, 2019	Wednesday May 15, 2019	Thursday May 16, 2019	Friday May 17, 2019	Saturday May 18, 2019	Sunday May 19, 2019
Atlantis Swimming @ GROVES	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm	10:00-11:00am	**10 & Under Clinic 5:00-5:30pm**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	9:00-10:30am	3:30-5:00pm
	Gold	6:00-8:00pm	6:00-7:30pm	6:00-8:00pm		5:30-7:00pm	8:00-10:00am	3:30-5:30pm
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	7:00-8:00am	**OFF**
Seniors	PM	4:00-6:00pm	6:00-7:30pm	4:00-6:00pm	**OFF**	**OFF**	8:00-10:00am	3:30-5:30pm
	AM	**OFF**	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	**OFF**	**OFF**	6:00-6:45pm		**OFF**	10:00-11:00am	**OFF**
Atlantis Swimming @ FERNDALE	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am GROVES	**OFF**

Atlantis Schedule Week of **May 20, 2019**

Location	Group	Monday May 20, 2019	Tuesday May 21, 2019	Wednesday May 22, 2019	Thursday May 23, 2019	Friday May 24, 2019	Saturday May 25, 2019	Sunday May 26, 2019
Atlantis Swimming	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm	10:00-11:00am	**OFF**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	9:00-10:30am	9:00-10:30am
	Gold	6:00-8:00pm	6:00-7:30pm	6:00-8:00pm		5:30-7:00pm	8:00-10:00am	9:00-11:00am
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	7:00-8:00am	**OFF**
Seniors	PM	4:00-6:00pm	6:00-7:30pm	4:00-6:00pm	**OFF**	**OFF**	8:00-10:00am	9:00-11:00am
	AM	**OFF**	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	**OFF**	**OFF**	6:00-6:45pm		**OFF**	10:00-11:00am	**OFF**
Atlantis Swimming @ FERNDALE	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am GROVES	**OFF**

Atlantis Schedule Week of **May 27, 2019**

Location	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		May 27, 2019	May 28, 2019	May 29, 2019	May 30, 2019	May 31, 2019	Jun 1, 2019	Jun 2, 2019
Atlantis Swimming @ GROVES	Speedster	OFF Happy Memorial Day!	**OFF**	6:00-7:00pm	6:00-7:00pm	5:30-6:30pm	Namesnik Memorial Open and CW Closed Invite	**10 & Under Clinic 5:00-5:30pm**
	Bronze		**OFF**	6:00-7:15pm	6:00-7:15pm	5:30-6:45pm		
	Silver		6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	OFF		3:30-5:00pm
	Gold		6:00-7:30pm	6:00-8:00pm	6:00-7:30pm	5:30-7:00pm		3:30-5:30pm
	Masters		5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am		**4:30-5:30pm**
Seniors	PM		6:00-7:30pm	4:00-6:00pm	6:00-7:30pm	**OFF**		3:30-5:30pm
	AM		5:30- 7:00am All 2nd Year Seniors +	**OFF**	**OFF**	5:30- 7:00am All 1st Year Seniors +		
	Dryland		**OFF**	6:00-6:45pm	**OFF**	**OFF**		**OFF**
Atlantis Swimming @ FERNDALE	Masters		5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am		**4:30-5:30pm**

Atlantis Schedule Week of **Jun 3, 2019**

Location	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Jun 3, 2019	Jun 4, 2019	Jun 5, 2019	Jun 6, 2019	Jun 7, 2019	Jun 8, 2019	Jun 9, 2019
Atlantis Swimming @ GROVES	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**OFF**	5:30-6:30pm	10:00-11:00am	**10 & Under Clinic 5:00-5:30pm**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm		5:30-6:45pm	9:45-11:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	9:00-10:30am	3:30-5:00pm
	Gold	6:00-8:00pm	6:00-7:30pm	6:00-8:00pm		5:30-7:00pm	8:00-10:00am	3:30-5:30pm
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	7:00-8:00am	**4:30-5:30pm**
Seniors	PM	4:00-6:00pm	6:00-7:30pm	4:00-6:00pm	**OFF**	**OFF**	8:00-10:00am	3:30-5:30pm
	AM	**OFF**	5:30- 7:00am All 2nd Year Seniors +	**OFF**		5:30- 7:00am All 1st Year Seniors +		
	Dryland	**OFF**	**OFF**	6:00-6:45pm		**OFF**	10:00-11:00am	**OFF**
Atlantis Swimming @ FERNDALE	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am	7:00-8:00am GROVES	**4:30-5:30pm**

Atlantis Schedule Week of **Jun 10, 2019**

Location	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Jun 10, 2019	Jun 11, 2019	Jun 12, 2019	Jun 13, 2019	Jun 14, 2019	Jun 15, 2019	Jun 16, 2019
Atlantis Swimming @ GROVES	Speedster	6:00-7:00pm	**OFF**	6:00-7:00pm	**Meet Warmup For swimmers participating in OLY meet.** 6:00-6:45pm	**OFF or OLY**		**OFF or OLY**
	Bronze	6:00-7:15pm	**OFF**	6:00-7:15pm				
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm			
	Gold	6:00-8:00pm	6:00-7:30pm	6:00-8:00pm	6:00-7:30pm			
	Masters	5:30- 7:00am	5:30- 7:00am	OFF	5:30- 7:00am	5:30- 7:00am	**OFF or OLY**	
Seniors	PM	4:00-6:00pm	6:00-7:30pm	4:00-6:00pm	6:00-7:30pm	**OFF**		
	AM	**OFF**	5:30- 7:00am All 2nd Year Seniors +	**OFF**	**OFF**	5:30- 7:00am All 1st Year Seniors +		
	Dryland	**OFF**	**OFF**	6:00-6:45pm	**OFF**	**OFF**		
Atlantis Swimming @ FERNDALE	Masters	5:30-6:45am	5:30-6:45am	**OFF**	5:30-6:45am	5:30-6:45am		

Atlantis Swimming Schedule Week of **Jun 17, 2019**

Location	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Jun 17, 2019	Jun 18, 2019	Jun 19, 2019	Jun 20, 2019	Jun 21, 2019	Jun 22, 2019	Jun 23, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	5:30-6:30pm Groves	OFF	OFF	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	5:30-6:45pm Groves			
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:00-6:30pm Groves			
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	5:00-6:30pm Groves	OFF		
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	4:00-6:00pm Groves	6:30-8:30pm	4:00-6:00pm Groves	4:00-5:30pm Groves	OFF		
	Masters / Senior AM	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-9:00am		

Atlantis Swimming Schedule Week of **Jun 24, 2019**

Location	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Jun 24, 2019	Jun 25, 2019	Jun 26, 2019	Jun 27, 2019	Jun 28, 2019	Jun 29, 2019	Jun 30, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	5:30-6:30pm Groves	OFF	OFF	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	5:30-6:45pm Groves			
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:00-6:30pm Groves			
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	5:00-6:30pm Groves	OFF		
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	4:00-6:00pm Groves	6:30-8:30pm	4:00-6:00pm Groves	4:00-5:30pm Groves	OFF		
	Masters / Senior AM	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-9:00am		

Atlantis Swimming Schedule Week of **Jul 1, 2019**

Location	Group	Monday Jul 1, 2019	Tuesday Jul 2, 2019	Wednesday Jul 3, 2019	Thursday Jul 4, 2019	Friday Jul 5, 2019	Saturday Jul 6, 2019	Sunday Jul 7, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	OFF	5:30-6:30pm Groves	Calvin College Prelim Final	Calvin College Prelim Final	
	Bronze	6:30-7:45pm	6:30-7:45pm	OFF	5:30-6:45pm Groves			
	Silver PM	6:30-8:00pm	6:30-8:00pm	OFF	5:00-6:30pm Groves			
	Silver AM	OFF	7:30-8:30am	OFF	OFF	7:30-8:30am		
	Gold PM	6:30-8:30pm	6:30-8:30pm	OFF	5:00-6:30pm Groves	Calvin College Prelim Final		
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	4:00-6:00pm Groves	6:30-8:00pm	OFF	4:00-5:30pm Groves	Calvin College Prelim Final		
	Masters / Senior AM	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-9:00am		

Atlantis Swimming Schedule Week of **Jul 8, 2019**

Location	Group	Monday Jul 8, 2019	Tuesday Jul 9, 2019	Wednesday Jul 10, 2019	Thursday Jul 11, 2019	Friday Jul 12, 2019	Saturday Jul 13, 2019	Sunday Jul 14, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	5:30-6:30pm Groves	Grizzly Summer Sizzler	Grizzly Summer Sizzler	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	5:30-6:45pm Groves			
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:00-6:30pm Groves			
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	5:00-6:30pm Groves	Grizzly Summer Sizzler		
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	4:00-6:00pm Groves	6:30-8:30pm	4:00-6:00pm Groves	4:00-5:30pm Groves	Grizzly Summer Sizzler		
	Masters / Senior AM	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-9:00am		

Atlantis Swimming Schedule Week of **Jul 15, 2019**

Location	Group	Monday Jul 15, 2019	Tuesday Jul 16, 2019	Wednesday Jul 17, 2019	Thursday Jul 18, 2019	Friday Jul 19, 2019	Saturday Jul 20, 2019	Sunday Jul 21, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	5:30-6:30pm Groves	12 & Under LCM State Meet	12 & Under LCM State Meet	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	5:30-6:45pm Groves			
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:00-6:30pm Groves			
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	5:00-6:30pm Groves	12 & Under LCM State Meet		
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	4:00-6:00pm Groves	6:30-8:30pm	4:00-6:00pm Groves	4:00-5:30pm Groves	12 & Under LCM State Meet		
	Masters / Senior AM	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-9:00am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-9:00am		

Atlantis Swimming Schedule Week of **Jul 22, 2019**

Location	Group	Monday Jul 22, 2019	Tuesday Jul 23, 2019	Wednesday Jul 24, 2019	Thursday Jul 25, 2019	Friday Jul 26, 2019	Saturday Jul 27, 2019	Sunday Jul 28, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	5:30-6:30pm Groves	13 & 14 and Open LCM State Meet	13 & 14 and Open LCM State Meet	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	5:30-6:45pm Groves			
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:00-6:30pm Groves			
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	5:00-6:30pm Groves	13 & 14 and Open LCM State Meet		
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	4:00-5:30pm Groves	6:30-8:30pm	4:00-5:30pm Groves	4:00-5:30pm Groves	13 & 14 and Open LCM State Meet		
	Masters / Senior AM	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am		

Atlantis Swimming Schedule Week of **Jul 29, 2019**

Location	Group	Monday Jul 29, 2019	Tuesday Jul 30, 2019	Wednesday Jul 31, 2019	Thursday Aug 1, 2019	Friday Aug 2, 2019	Saturday Aug 3, 2019	Sunday Aug 4, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	OFF		OFF	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm				
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm				
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF			
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF			
	Masters / Senior AM	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am		

Atlantis Swimming Schedule Week of **Aug 5, 2019**

Location	Group	Monday Aug 5, 2019	Tuesday Aug 6, 2019	Wednesday Aug 7, 2019	Thursday Aug 8, 2019	Friday Aug 9, 2019	Saturday Aug 10, 2019	Sunday Aug 11, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	OFF		OFF	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm				
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm				
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF			
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF			
	Masters / Senior AM	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am		

Atlantis Swimming Schedule Week of **Aug 12, 2019**

Location	Group	Monday Aug 12, 2019	Tuesday Aug 13, 2019	Wednesday Aug 14, 2019	Thursday Aug 15, 2019	Friday Aug 16, 2019	Saturday Aug 17, 2019	Sunday Aug 18, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	OFF		OFF	Swim To The Moon
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm				
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm				
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF			
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF			
	Masters / Senior AM	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am		

Atlantis Swimming Schedule Week of **Aug 19, 2019**

Location	Group	Monday Aug 19, 2019	Tuesday Aug 20, 2019	Wednesday Aug 21, 2019	Thursday Aug 22, 2019	Friday Aug 23, 2019	Saturday Aug 24, 2019	Sunday Aug 25, 2019
Southfield CC	Speedster	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	See You On Sept. 1th!		See You On Sept. 1th!	
	Bronze	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm				
	Silver PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm				
	Silver AM	OFF	7:30-8:30am	7:30-8:30am	OFF	7:30-8:30am		
	Gold PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	See You On Sept. 11th!			
	Gold AM	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	Senior PM	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	See You On Sept. 11th!			
	Masters / Senior AM	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am	5:30-7:00am and 7:00-8:30am		