**SIGMA**  
M,W,F @ Bolton, 6-8am - 3 Lanes (Coach Gunther)  
T,H @ Salem, 6-8am - 6 Lanes (Coach Gunther/Tim)  
Strength Training:  Coach Will Shields during the day on Tuesday and Thursday at Crossfit Amplitude.  They will have 2 options during the middle of the day on Tuesday and Thursday.  
Double Swims:  Coach Tim will be at Salem College on Monday and Wednesday 4 - 5:30pm  
  
**DELTA**  
M,W,F @ Bolton 6:30-8:30pm 6 Lanes (Coach Neisser)  
T,H @ Salem 2:30-4:15pm - 6 Lanes (Coach Neisser)  
\*Neisser is picking the dry land times on Tuesday and Thursday at Amplitude.  
  
**BETA:**  
 M,W,F @ Salem, 6-7:15am    
  
**BLUE ROYAL:**  
M,W,F @ Bolton, 8-9:30am - 3 Lanes (Coach Tim) - Please feel free to have K-Ville Sigma Come!!!  
T, H @ Salem 8-9:15am - 6 Lanes (Coach Tim) - Tuesdays and Thursdays will be more skills and drills to prep for summer league meets  
  
**BLUE SKY:**  
M,W,F @ Salem, 7:15-8:15am