**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