

January 11 & Beyond

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Falcon	6:00-7:00 pm (swim)					8:30-9:30 am (swim) SATURDAY
Junior Development			6:00-7:00 pm (swim)	6:30-7:30 pm (swim)		8:30-9:30 am (swim) SATURDAY
Juniors		7:30- 8:45 pm (swim)		7:30-8:45 pm (swim)		7:30-8:30 am (swim) SATURDAY
Junior Performance	5:45-7:30 pm (swim)		7:30-9:15 pm (swim)		5:45-7:15 pm (swim)	6:00-8:00 am (swim) SATURDAY
Senior Development	7:30-9:15 pm (swim)		5:45-7:15 pm (swim)		7:15-8:45 pm (swim)	8:00-10:00 am (swim) SATURDAY
Senior		5:30-7:30 pm (swim)	7:15-9:15 pm (swim)	7:30-9:15 pm (swim)		7:00-9:00 am (swim) SUNDAY
Senior Performance	7:30-9:15 pm (swim)	7:30-9:15 pm (swim)		5:30-7:30 pm (swim)	5:45-7:45 pm (swim)	10:30 am-12:30 pm (swim) SATURDAY
Masters	6:00-7:00 am (swim) Training Group	5:30-7:00 am (swim) Coached Workout	5:30-7:00 am (swim) Training Group	5:30-7:00 am (swim) Coached Workout	6:00-7:00 am (swim) Training Group	6:00-7:30 am (swim) Coached Workout