

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Falcon	6:30-7:30 pm (swim)					8:30-9:30 am (swim) SATURDAY
Junior Development		8:00-9:00 pm (swim)		6:00-7:00 pm (swim)		8:30-9:30 am (swim) 9:45-10:15 am (dryland) SATURDAY
Juniors		8:00-9:00 pm (swim)		7:00-8:00 pm (swim)		7:30-8:30 am (swim) 8:45-9:15 am (dryland) SATURDAY
Junior Performance	6:00-8:00 pm (swim)		8:00-9:30 pm (swim)		6:00-7:30 pm (swim)	6:00-8:00 am (swim) 8:15-8:45 am (dryland) SATURDAY
Senior Development	8:00-9:30 pm (swim)		6:00-7:45 pm (swim)		7:30-9:00 pm (swim)	8:00-10:00 am (swim) 7:00-7:45 am (dryland) SATURDAY
Senior		6:00-7:45 pm (swim)	7:45-9:30 pm (swim)	8:00-9:30 pm (swim) 7:15-7:45 pm (dryland)		7:00-9:00 am (swim) 9:10-9:40 am (dryland) SUNDAY
Senior Performance	8:00-9:30 pm (swim)	7:45-9:30 pm (swim) 7:00-7:30 pm (dryland)		6:00-8:00 pm (swim)	7:30-9:00 pm (swim)	10:00 am-12:00 pm (swim) 9:15-9:45 am (dryland) SATURDAY
Masters	5:30-7:00 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	5:30-7:00 am (swim) Training Group	6:00-7:30 am (swim) Coached Workout