

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Falcon	6:30-7:30 pm (swim)					8:30-9:30 am (swim) <b>SATURDAY</b>
Junior Development		8:00-9:00 pm (swim)		6:00-7:00 pm (swim)		8:30-9:30 am (swim) <b>SATURDAY</b>
Juniors		8:00-9:00 pm (swim)		7:00-8:00 pm (swim)		7:30-8:30 am (swim) <b>SATURDAY</b>
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) <b>SATURDAY</b>
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) <b>SATURDAY</b>
Senior		6:00-7:45 pm (swim)	7:45-9:30 pm (swim)	8:00-9:30 pm (swim)		7:00-9:00 am (swim) <b>SUNDAY</b>
Senior Performance	8:00-9:30 pm (swim)	7:45-9:30 pm (swim)		6:00-8:00 pm (swim)	6:00-8:00 pm (swim)	10:00 am-12:00 pm (swim) <b>SATURDAY</b>
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