

Peddie Aquatic Association Training Schedule

(Effective September 7, 2021)

Group:	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/*Sunday
Falcon A	Pool	5:30-6:15pm		6:15-7:00pm			8:00-9:00am
Falcon B	Pool	6:15-7:00pm		5:30-6:15pm			Both Falcon A & B
Junior Development	Strength & Conditioning						11:15-11:45am Dryland
	Pool		5:30-6:45pm		6:30-7:30pm		9:30-11:00am
Juniors	Strength & Conditioning						9:45-10:15am Dryland
	Pool		6:45-8:00pm		5:30-6:30pm	5:30-7:00pm	8:00-9:30am
Junior Performance	Strength & Conditioning			7-7:45pm Weightroom			10:15-11:00am Weightroom
	Pool	7:30-9:00pm		5:00-6:45pm	7:00-9:00pm	5:30-7:00pm	8:00-10:00am
Senior Development	Strength & Conditioning	7:15-8:00pm Dryland			6:30-7:15pm Dryland		
	Pool	5:30-7:00pm		7:00-8:45pm	7:30-9:00pm	7:30-9:00pm	10:00am-12:00pm
Senior	Strength & Conditioning		6:15-7pm Weightroom				*9:15-10 am Weightroom
	Pool	7:00-9:00pm	7:15-9:00pm	7:00-9:00pm		7:00-9:00pm	*Sunday 7:00-9:00am
Senior Performance	AM Pool	By Invite		By Invite			6:00-8:00am
	Strength & Conditioning		7:30-8:15pm		7:45-8:30pm		8:15-9am
	PM Pool	5:30-7:30pm	5:15-7:15pm	5:00-7:00pm	5:30-7:30pm	5:30-7:30pm	
Varsity	AM Pool	6:00-7:30am		6:00-7:30am			6:00-7:30/8am
	Strength & Conditioning		5:15-6pm	Optional Lift		5:15-6pm Lift	
	PM Pool	3:30-5:30pm	3:30-5:30pm	3:30-4:30pm	3:30-5:30pm	3:30-5:30pm	