

Peddie Aquatic Association Training Schedule

(Effective September 7, 2021)

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