

**SUMMER 2023 (Fully Effective Monday, June 26, 2023)**

<b>Group:</b>	<b>Session</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Falcon A &amp; B combined</b>	<i>Pool</i>	5:00-6:00pm Peddie		5:00-6:00pm Peddie				
<b>Junior Development</b>	<i>Pool</i>	5-6:15pm Peddie		5:00-6:00pm Peddie			8-9:15am Peddie	
	<i>Strength &amp; Conditioning</i>						9:30-10am	
<b>Juniors</b>	<i>Pool</i>	6-7:30pm Peddie		6-7:30pm Peddie	5:30--7:00pm Peddie		8-9:30am Peddie	
	<i>Strength &amp; Conditioning</i>			5:15-6pm				
<b>Junior Performance</b>	<i>Pool</i>	6-8am Marlboro	6-8am Peddie	6-8am Marlboro	6-8am Peddie		6-8am Peddie	
	<i>Strength &amp; Conditioning</i>		8:10-8:50am				8:10-8:50am	
<b>Senior Development</b>	<i>Pool</i>	6-8am Peddie	5:30-7:30pm Peddie	6-8am Peddie			9:15-11:15am Peddie	
	<i>Strength &amp; Conditioning</i>						8:10-8:50am	
<b>Senior</b>	<i>Pool</i>	6-8am Peddie	4-6pm Peddie	6-8am Peddie	4-6pm Peddie	6-8am Marlboro	6-8am Peddie	
	<i>Strength &amp; Conditioning</i>		6-7pm		6-7pm		8:10-8:50am	
<b>Senior Performance Varsity &amp; College</b>	<i>Pool</i>	6-8am Marlboro	6-8am Peddie	6-8am Marlboro	6-8am Peddie	6-8am Marlboro	6-8am Peddie	
	<i>Strength &amp; Conditioning</i>		8:10-8:50am		8:10-8:50am		8:10-8:50am	
<b>MASTERS</b>	<i>Pool</i>	6-7am	5:30-8am	6-8am	6-8am	5:30-8am		7-9am