

Peddie Aquatic Association Training Schedule

(Effective September 6, 2022)

Group:	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Falcon A	Pool	5:30-6:15pm		5:30-6:15pm			8:00-9:00am
Falcon B	Pool	5:30-6:15pm		5:30-6:15pm			
Junior Development	Strength & Conditioning						Dryland 9:00-9:45am
	Pool	6:30-7:30pm		7:00-8:00pm			10:00-11:30am
Juniors	Strength & Conditioning						Dryland 9:00-9:45am
	Pool		7:00-8:15pm		7:00-8:00pm	5:30-7:00pm	10:00-11:30am
Junior Performance	Strength & Conditioning				Weightroom 6:00-6:45pm		Weightroom 7:00-7:45am
	Pool	5:00-6:30pm		5:00-7:00pm	7:00-8:30pm	5:30-7:00pm	8:00-10:00am
Senior Development	Strength & Conditioning			Dryland 6:15-6:50pm			Dryland 10:15-11:00am
	Pool		5:30-7:00pm	7:00-8:45pm	5:30-7:00pm	7:00-8:30pm	8:00-10:00am
Senior	Strength & Conditioning		Weightroom 6:15-7pm				Weightroom 8:15-9:00am
	Pool	7:00-9:00pm	7:00-9:00pm	7:00-9:00pm		5:30-7:30pm	6:00-8:00am
Senior Performance	AM Pool	By Invite		By Invite			6:00-8:00am
	Strength & Conditioning		Weightroom 7:40-8:20pm		Weightroom 7:40-8:20pm		Weightroom 8:15-9:00am
	PM Pool	5:00-7:00pm	5:30-7:30pm	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		Weightroom Pod 1 & 2	Optional Lift 3:30-4:30pm	Weightroom Pod 1 & 2		
	PM Pool	3:30-5:00pm *Dist. 5:30pm	3:30-5:30pm		3:30-5:30pm	3:30-5:30pm	