

OA Senior & Junior Workout Schedule Summer 2021 **beginning Monday June 7**

- **Note:** Start times are arrival times. Please be on time to help set up the pool.

Senior Group	MON	TUES	WED	THURS	FRI	SAT
Sr AM	Sr 4/3.5 6:20-8:30 LC Sr 3 6:20-8:00 SC Lap	Sr 2/3 6:20-8:00 LC Sr 4/3.5 8:30-10:00 SC Dive (optional)	Sr 2/3 6:20-8:00 LC	Sr 2/3 6:20-8:00 LC Sr 4/3.5 8:30-10:00 SC Dive (optional)	Sr 4/3.5 6:20-8:30 LC	Sr 4/3.5 6:20-8:00 LC Sr 2/3 8:00-9:30 LC
Sr AM Dryland						Sr 4/3.5 dryland optional 8:10
Sr PM	Sr 2/3 4:00-6:00 LC	Sr 4/3.5 4:00-6:00 LC	Sr 4/3.5 4:00-6:00 LC (5:30-6:00 4 lanes)	Sr 4/3.5 4:00-6:00 LC	Sr 2/3 4:00-6:00 LC	
Sr PM Dryland or Meeting	Sr 2/3 meeting & dryland 6:10-6:40 TBD	Sr 4/3.5 meeting & dryland 6:10-6:40 TBD		Sr 4 dryland 6:10 TBD	Sr 2/3 dryland 3:30-4:00 TBD	
Junior Group	MON	TUES	WED	THURS	FRI	SAT
Jr AM			Jr All 8:00-9:30 LC			Jr 3 8:00-9:30 LC TBD
Jr PM	Jr All 6:00-7:30 LC	Jr All 6:00-7:30 LC		Jr All 6:00-7:30 LC	Jr All 6:00-7:30 LC	
Jr Dryland or Meeting	Jr meeting & dryland 5:20-6:00		Jr All AM dryland 7:30-8:00 AM (before workout)			