

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday##	Sunday##
Dolphin/Pre-Competitive	6 to 8 year olds 4:30 - 5:15 PM Main Pool	6 to 8 year olds 6:30 - 7:15 PM Main Pool	6 to 8 year olds 4:30 - 5:15 PM Main Pool	6 to 8 year olds 6:30 - 7:15 PM Main Pool			
		7:30-8:15 PM		7:30-8:15 PM			
Age Group 4	4:30 - 5:30 PM M	6-7 PM Twin Lakes	4:30 - 5:30 PM M	6:30 - 7:30 PM M	5:00-6:00 PM M	off	off
Age Group 3	5:30 - 6:30 PM F	6:30-7:30 PM Main	off	6:30 - 7:30 PM F	5:00 - 6:00 PM M	off	5:00 - 6:00 PM Ferris
Age Group 2	4:30 - 5:30 PM F	6:30 - 7:30 PM F	off	6:00-7:15 PM Twin Lakes	5:30-7:00PM F	9:30-11 AM F	5:00-6:15 PM Ferris
Age Group 1	D6:00- 8:00 PM F	off	D6:00- 8:00 PM F	7:30-8:45PM Main	5:30-7:30PM F	9:30-11 AM F	6:00 7:30 PM Ferris
Senior 3	6-7:30 PM Twin Lakes	W 6:45-8:45 PM Ferris	D 6:45-8:30 PM Ferris	W 6:45-8:45 PM Ferris	off	off	6:00 7:30 PM Ferris
Senior 2	6:30-8:45 PM F	3:30-6:15 PM F W	3:30-5:45 PM F	3:30-6:15 PM F W	D 3:30-6 PM F	7or 7:30-9:30 AM F W	off
Senior 1	3 - 6 PM F D	3 - 6 PM F W	3 - 6 PM F D	3 - 6 PM F W	3 - 5:30 PM F	7or 7:30-9:30 AM F W	off
Senior 1	AM		AM		AM		

F= Ferris Pool M=Main Pool D= Dryland W=Weights

Twin Lakes Retirement Center Montgomery OH ## - practice if there is no swim meet that weekend ## - practice if there is no swim meet that weekend