

	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 6:45-7:30 PM Main Pool	6 to 8 year olds 4:30 - 5:15 PM Main Pool	6 to 8 year olds 6:45-7:30 PM Main Pool			
Dolphin/Pre-Competitive		9-11 year olds 7:30- 8:15 PM Main		9-11 year olds 7:30- 8:15 PM Main			
Age Group 4	4:30 - 5:30 PM M	6:00 - 7:00 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 Ferris	6:30 - 7:30 PM Main	off	6:00 - 7:15 PM Twin Lakes	5:00 - 6:00 PM M	off	5:00 - 6:00 PM Ferris
Age Group 2	4:30 - 5:30 PM F	D 6:10- 7:30 PM Ferris	off	D610 - 730 PM F	D 5:15-7:00 PM F	9:30-11 AM F	5:00 - 6:00 PM Ferris
Age Group 1	D6:00- 8:00 PM F	off	D6:00- 8:00 PM F	7:30 - 8:45 PM M	D 5:15-7:15 PM F	9:30-11 AM F	6:00 7:30 PM Ferris
Senior 3	6-7:30 PM Twin Lakes	W6:45-8:45PM Ferris	D6:15-8:30 PM F	W6:45-8:45PM Ferris	off	W8:45-11 AM F	6:00 7:30 PM Ferris
Senior 2	6:30-845 PM F	3:30-6:15 PM F W	3:30-5:45 PM F	3:30-6:15 PM F W	D 3:30-6:15 PM F	7:00 or 7:30 - 10:15 AM F W	
Senior 1	3 - 6 PM F D	3 - 6 PM F W	3 - 6 PM F D	3 - 6 PM F W	3 - 530 PM F	7:00 or 7:30 - 10:15 AM F W	
Senior 1	AM	off	AM	off	AM		
codes	D before means swimmers will start this practice with Dryland activities	D after mean dryland at the end of practice	W is weights either before or after practices	M is Main Pool	F is Ferris Pool		