

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dolphin/Pre-Competitive Starting Monday, 9/24/18	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 Starting Tuesday, 9/25/18		9-11 year olds 7:30- 8:15 PM Main Pool		9-11 year olds 7:30- 8:15 PM Main Pool			
Age Group 4	4:30 - 5:30 PM M	6:30 - 7:30 PM M	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 F	off	6:30 - 7:30 PM F	5:00 - 6:00 PM M	off	off
Age Group 2	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	10:00 - 11:30 AM out	off
Age Group 1	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	10:00 - 11:30 AM out	off
Senior 3	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	D5:15 - 7:15 PM Out	7:30-10:00 AM Out W	off
Senior 2	D3:30-6 PM out	3:30 -6:15 PM Out W	D3:30-6 PM out	3:30 -6:15 PM Out W	3:30 -6:15 PM Out W	7:30-10:00 AM Out W	off
Senior 1	3 - 6 PM Out D	3 - 6 PM Out W	3 - 6 PM Out D	3 - 6 PM Out W	3 - 530PM Out W	7:30-10:00 AM Out W	off
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	TL is Twin Lakes Retirement Center	Out is outside long course pool

Senior 1-2-3 Start Tuesday, September 4 -

Age Group 1 Start Monday, September 10

Age Group 2-3-4 Start Monday, September 17

Dolphin (Pre-competitive) start Monday, September 24

AG 4 - Clinic for Starts on Tues & Thurday, September 11 & 13 - 6:30-7:30 PM in Main Pool