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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Dolphin Pre-competitive |  | 6 to 8 year olds  6:00-6:45 PM  Main Pool |  | 6 to 8 year olds  6:00-6:45 PM  Main Pool |  |  |  |
| Dolphin/Pre-Competitive |  | 9-11 year olds  6:50-7:45 PM  Main Pool |  | 9-11 year olds  6:50-7:45 PM  Main Pool |  |  |  |
| Age Group 4 | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | OFF | OFF |
| Age Group 3 | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | 6:15-7:30 PM Ferris | OFF | OFF |
| Age Group 2 | 6:00-7:30 PM Outside | D 5:45-7:30 PM Outside | D 5:45-7:30 PM Outside | OFF | 5:30-6:45 PM Outside | 9:30-10:45 AM  Outside | OFF |
| Age Group 1 | D 5:30-7:30 PM Outside | OFF | D 5:30-7:30 PM Outside | D 5:30-7:15 PM Outside | D 5:30-7:00 PM Outside | 9:30-10:45 AM  Outside | OFF |
| Senior Group  Weights | Last names A-L 5:45-6:15 PM | Last names  M-Z 5:45-6:15 PM | Last names  A-L 5:45-6:15 PM | Last names  M-Z 5:45-6:15 PM |  |  |  |
| Senior Group | D 3:30-5:30 PM Outside | D 3:30-5:30 PM Outside | D 3:30-5:30 PM Outside | D 3:30-5:30 PM Outside | D 3:30-5:30 PM Outside | 7:00-9:30 AM Outside | OFF |
| National Group | D 3:00 – 5:30 PM  Outside | D 3 – 5:30 PM  Outside Weights | D 3 – 5:30 PM Outside | D 3 – 5:30 PM Outside Weights | D 3 – 5:30 PM  Outside | 7:00-9:30 AM Outside | OFF |
|  |  |  |  |  |  |  |  |
| Codes | D before means swimmers will start practice with Dryland activities |  | W is weights after practices | M is for Main Pool | F is for Ferris pool |  |  |