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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 olds6:50-7:45 PM Main Pool  |  | 9-11 year olds6:50-7:45 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 AMOutside | 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 AMOutside  | 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  |  |   |