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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 | 8:45-10 AM Outside OR 6-7:00 PM Ferris | 8:45-10:00 AM Outside | 8:45-10 AM Outside OR  6-7:00 PM Ferris | 8:45-10:00 AM Outside | 8:45-10:00 AM Outside | OFF |  |
| Age Group 3 | 8:45-10 AM Outside OR  6-7:00 PM Ferris | 8:45-10:00 AM Outside | 8:45-10 AM Outside OR  6-7:00 PM Ferris | 8:45-10:00 AM Outside | 8:45-10:00 AM Outside | OFF |  |
| Age Group 2 | 8:30-10 AM Outside | 8:30-10 AM outside & 5:30-7 PM Ferris | 8:30-10 AM outside & 5:30-7 PM Ferris | 8:30-10 AM Outside | 8:30-10 AM outside & 5:15-6:30 PM Ferris | 8:30-10:00 AM  Outside |  |
| Age Group 1 | 8:30-10 AM outside & 5:30-7 PM Ferris | 8:30-10 AM outside & 5:30-7 PM Ferris | 8:30-10 AM outside & 5:30-7 PM Ferris | 8:30-10 AM outside | 8:30-10 AM outside & 5:15-6:30 PM Ferris | 8:30-10:00 AM  Outside |  |
| National & Senior Group AM | 6:15-8:30 AM Outside | 6:15-8:30 AM Outside | 6:15-8:30 AM Outside | 6:15-8:30 AM Outside | 6:15-8:30 AM Outside | 6:15-8:30 AM Outside |  |
| Senior Group  PM | 3:15-5:30 PM  Ferris | OFF PM | 3:15-5:30 PM  Ferris | OFF PM | 3:15-5:30 PM  Ferris |  |  |
| National Group PM | 3:15-5:30 PM Ferris | 3:15-5:30 PM Ferris | OFF PM | 3:15-5:30 PM Ferris | OFF PM |  |  |
| **National Weights** |  | 8:45-9:30 AM |  | 8:45-9:30 AM |  |  |  |
| **Senior Weights** | 8:45-9:15 AM |  | 8:45-9:15 AM |  |  |  |  |
| Codes | Dryland happens every day before practice |  |  | Outside | Ferris |  |  |