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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 | 8:45-10 AM Outside OR 6-7:00 PM Ferris  | 8:45-10:00 AM Outside  | 8:45-10 AM Outside OR6-7:00 PM Ferris | 8:45-10:00 AM Outside | 8:45-10:00 AM Outside | OFF |  |
| Age Group 3  | 8:45-10 AM Outside OR6-7:00 PM Ferris | 8:45-10:00 AM Outside | 8:45-10 AM Outside OR6-7:00 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 AMOutside |  |
| 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 AMOutside  |  |
| 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 GroupPM  | 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  |  |   |