

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
Dolphin/Pre-Competitive	6 to 8 year olds 4:30 - 5:15 PM Main Pool	6 to 8 year olds 6:00-6:45 PM Main Pool	6 to 8 year olds 4:30 - 5:15 PM Main Pool	6 to 8 year olds 6:00-6:45 PM Main Pool			
Dolphin/Pre-Competitive		9-11 year olds 6:50 - 7:40 PM Main		9-11 year olds 6:50 - 7:40 PM Main			
Age Group 4	4:30-5:30 PM Main	6:00-6:55 PM Main	4:30 - 5:30 PM M	6:00-6:55 PM Main	5:00 - 6:00 PM M	off	off
Age Group 3	5:30-6:30 PM Ferris	6:55 - 7:50 PM Main	off	6:55 - 7:50 PM Main	5:00 - 6:00 PM M	off	4:00-5:00 PM Ferris
Age Group 2	off	D 6:00- 7:30 PM Ferris	D5:20-6:30 PM Ferris	5:30-7:00 PM F	D 5:15-7:00 PM F	9:30-11 AM F	4:00-5:00 PM Ferris
Age Group 1	D6:00- 8:00 PM F	off	D6:00- 8:00 PM F	6:30 - 8:00 PM Ferris	D 5:15-7:00PM F	9:30-11 AM F	5:00-6:30 PM Ferris
Senior 3	4:30-6:00 PM Ferris	W5:30-7:30PM Ferris	D6:00-8:00PM Ferris	6:30-8;00 PM Ferris	off	off	5:00-6:30 PM Ferris
Senior 2	D6:15-8:30 PM F	W 3:30-6:00 PM F	D3:30-6:00 PM F	W 3:30-6:00 PM F	D 3:30-6:0 PM F	7:00 or 7:30 - 10:15 AM F W	off
Senior 1	3 - 6 PM F D	3 - 6 PM F W	3 - 6 PM F D	3 - 6 PM F W	3 - 530 PM F	W7:00 or 7:30 - 10:15 AM F	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		* If no swim meets that weekend