



# Tidal Wave Aquatics Fall Schedule 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	5:00-6:00pm	5:30-6:30pm		5:30-6:30pm		5:00-6:00pm	Stroke Clinic 11:00-12:00
Silver	4:30-6:00pm	6:00-7:30pm (6:00-6:30 dryland)	6:00-7:30pm (6:00-6:30 dryland)	6:00-7:30pm (6:00-6:30 dryland)	6:00-7:30pm	5:00-6:00pm	Stroke Clinic 10:00-11:00
Gold	3:00-5:00pm Lift 5:00-6:00pm	7:00-9:00pm (7:00-7:30 Dryland)	7:00-9:00pm (7:00-7:30 Dryland)	7:00-9:00pm (7:00-7:30 Dryland)	7:00-9:00pm (7:00-7:30 Dryland)	4:00-5:00pm Lift 5:00-6:00pm	Stroke Clinic 9:00-10:00