



Spring 2023 Keating Schedule - Starting April 17th

Schedule is tentative. Coaches may make necessary changes to best serve each group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	Sw 3:45-5:45p Meeting 6-6:30p	Sw 3:45-6:00p DL 6:10-7:10p	Combined Sw 3:45-5:45p DL 6:00-7:00p	Sw 3:45-6:00p	Sw 3:45-5:45p	Combined (National) Sw 7:00-9:30a DL 9:40-10:40a (Senior) Sw 7:00-9:00a DL 9:10-10:10a
Senior	Sw 3:45-5:45p Meeting 6-6:30p	Sw 3:45-5:45p DL 5:55-6:55p		Sw 3:45-5:45p	Sw 3:45-5:45p	
Blue	DL 5:00p Sw 5:45-7:30p	Dynamic 5:30p Sw 5:45-7:30p	DL 5:00p Sw 5:45-7:30p	Dynamic 5:30p Sw 5:45-7:30p	Dynamic 5:30p Sw 5:45-7:30p	DL 8:00-8:50a Sw 9:00-11:00a
Gold	Sw 5:45-7:15p	DL 5:15p Sw 6:00-7:30p	Sw 5:45-7:15p	DL 5:15p Sw 6:00-7:30p	OFF	Sw 9:00-10:45a DL 10:55-11:30a
Silver	DL 6:45-7:15p Sw 7:15-8:30p	Sw 7:15-8:30p	DL 6:45-7:15p Sw 7:15-8:30p	OFF	Sw 7:15-8:30p	@ Keating DL 10:15a Sw 10:45a-12:15p
Bronze	OFF	DL 7:15p Sw 7:30-8:30p	OFF	DL 7:15p Sw 7:30-8:30p	Sw 7:00-8:00p	@ Keating DL 10:30a Sw 11:00a-12:15p
White	OFF	OFF	DL 7:00-7:15p Sw 7:15-8:15p	OFF	OFF	@ Keating DL 10:30a Sw 11:00a-12:00p



Summer 2023 Keating Schedule - Starting June 5th

Schedule is tentative. Coaches may make necessary changes to best serve each group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	Dyn 6:30a Sw 6:45-9:00a & Sw 4:00-5:30p	Combined Dyn 6:30a Sw 6:45-9:00a DL 9:10-10:00a	Dyn 6:30a Sw 6:45-9:00a & PM Combined Sw 4:00-5:30p	Combined Dyn 6:30a Sw 6:45-9:00a DL 9:10-10:00a	Dyn 6:30a Sw 6:45-9:00a	Sw 7:00-9:00a DL 9:10-10:00a
Senior	Sw 7:00-9:00a & Sw 4:00-5:30p		Sw 7:00-9:00a & PM Combined Sw 4:00-5:30p		Sw 7:00-9:00a	Sw 7:00-9:00a DL 9:10-10:00a
Blue	Sw 9:00-10:45a	DL 8:00-8:50a Sw 9:00-10:45a	Sw 9:00-10:45a	DL 8:00-8:50a Sw 9:00-10:45a	Sw 9:00-10:45a	DL 8:00-8:50a Sw 9:00-11:00a
Gold	Sw 9:00-10:30a DL 10:45-11:30a	Sw 9:00-10:30a	Sw 9:00-10:30a DL 10:45-11:30a	Sw 9:00-10:30a	OFF	Sw 9:00-10:45a DL 10:45-11:30a
Silver	DL 6:15-6:45p Sw 7:00-8:15p	OFF	DL 6:15-6:45p Sw 7:00-8:15p	Sw 10:30-11:45a	Sw 7:00-8:15p	@ Keating DL 10:00a Sw 10:45a-12:15p
Bronze	DL 6:45p Sw 7:00-8:00p	OFF	DL 6:45p Sw 7:00-8:00p	OFF	Sw 7:00-8:00p	@ Keating DL 10:30a Sw 11:00a-12:15p
White	OFF	OFF	DL 7:00-7:15p Sw 7:15-8:15p	OFF	OFF	@ Keating DL 10:30a Sw 11:00a-12:00p