

		Thunderbolt Swim Team					
January-March		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	AM	5:15-6:45	5:15-6:45		5:15-6:45		7:00-9:00
	PM	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	
	DL	5:00-6:00	5:00-6:00			5:00-6:00	9:00-10:00
Senior 2	AM			5:15-6:45*		5:15-6:45	7:00-9:00
	PM	3:00-5:00	3:00-4:30	3:00-5:00	3:00-4:30	3:00-5:00	
	DL	5:00-6:00		5:00-6:00			9:00-10:00
Senior 3	PM	3:00-4:30	3:00-4:30	3:00-4:30	3:00-4:30	3:00-4:30	OFF
	DL	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	
AG1 Black 13-14's	AM			5:15-6:45*		5:15-6:45	7:00-9:00
	PM	5:00-6:30	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:30	
	DL	6:30-7:15	6:00-7:00		6:00-7:00		
AG1 Gold 11-13's	AM	6:45-8:00	6:30-8:00	6:45-8:00	6:30-8:00	6:45-8:00	9:00-10:30*
	DL	6:00-6:45AM		6:00-6:45AM		6:00-6:45AM	
AG2 Black 11-12's	AM						9:00-10:30
	PM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
	DL	5:15-6:00 (G1)	5:15-6:45 (G2)	5:15-6:00 (G1)	5:15-6:45 (G2)		8:00-9:00 (All)
AG2 Gold 11-12's	AM						9:00-10:30*
	PM	6:00-7:00	6:00-7:00	6:00-7:30	6:00-7:00	5:00-6:30	
	DL	5:20-6:00 (G1)	5:20-6:00 (G2)	5:20-6:00 (G1)	5:20-6:00 (G2)		
AG3 Black 11&U's	AM						
	PM	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	10:30-11:30
	DL	6:00-6:40 (G)	6:00-6:40 (B)	6:00-6:40 (G)	6:00-6:40 (B)		9:45-10:30 (All)
AG3 Gold #1	PM	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	OFF	OFF
AG3 Gold #2	PM	5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	OFF	10:30-11:30
* Invited Athletes only.							
Olympic Way: path to competitive swimming							
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OWG 1	PM		7:00-7:40		7:00-7:40	6:45-7:30 Sunset	
OWG 2	PM	6:00-6:40		6:00-6:40		6:45-7:30 Sunset	
OWS 1	PM	4:30-5:00		4:30-5:00			
OWS 2	PM		5:30-6:00		5:30-6:00	6:00-6:45 Sunset	
OWB 1	PM	6:40-7:10		6:40-7:10		6:00-6:45 Sunset	
Juniors	PM		6:00-7:00		6:00-7:00	6:45-7:30	10:30-11:30