

Group	M	TU	W	TH	F	Sa
Bronze	5:30-6:45 pm	5:30-6:45 pm	5:30-6:45 pm	5:30-6:45 pm		
Silver	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	
Gold	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	8:00-10:00 am

Week A	M	TU	W	TH	F	Sa
Nat. Prep Senior	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	8:00-10:00 am
High School Prep (formerly Senior)	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	8:00-10:00 am (optional)
Week B	M	TU	W	TH	F	S
Nat. Prep *start 04/11	4:30-6:15pm	4:30-6:15pm	5:30-6:45am 4:30-6:15pm	4:30-6:15pm	5:30-6:45am 4:30-6:15pm	8:00-10:00 am

**Senior is now “High School Prep”

***Bronze 1 and Bronze 2 will be combined for now

*This schedule begins on Monday March 21, 2022 and all listed practices take place at Central Pool.