

VAST Lanes at WKCAC-Scoreboard end of the pool

Lanes 1-4 station on the side closest to the boys locker room

Lanes 5-8 station on the side closest to the girls locker room

Monday: Gold Elite 5-8 PM: Lanes 4-8,
Silver Elite: 5-7 PM, Lanes 1-3

Tuesday: Gold: 6:30-8 PM: Lanes 5-8
Silver: 6:30-8: Lanes 1-4

Wednesdays: Gold Elite: 4:30-6 PM: Lanes 3-8
Gold: 4:30- 6PM: Lanes 1-2
Silver: 6:3-8 PM: Lanes 1-4

Thursdays: Gold Elite: 4:30- 6 PM, Lanes 1-5
Silver Elite: 6:30- 8 PM, Lanes 1-3

Fridays-FAST Fridays:

Gold Elite: 4:30-6:15, Lanes 4-8

Silver Elite: 4:30-6:15, lanes 1-3

Gold: 6:45-8 PM, Lanes 1-4

Silver: 6:45- 8 PM, Lanes 5-8