

Mount Pleasant - Short Course 2021-2022

Mini	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 & U	Blue	RLJ	RL Jones		RL Jones		RL Jones	
			Swim 4:15-5:00 PM		Dryland 4:00-4:15 PM		Swim 3:30-4:15 PM	
					Swim 4:15-5:00 PM			
9 & 10	Orange	RLJ		RL Jones		RL Jones	RL Jones	
				Dryland 4:00-4:15 PM		Swim 4:15-5:15 PM	Swim 4:15-5:15 PM	
				Swim 4:15-5:15 PM				
Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 & 12	Blue	RLJ	RL Jones	RL Jones	RL Jones	RL Jones		
			Swim 5:00-6:00 PM	Swim 5:15-6:30 PM	Swim 5:00-6:00 PM	Swim 5:15 - 6:15 PM		
						Dryland 6:15-6:45 PM		
11 & 12	Orange	PW/RLJ	RL Jones	Park West	RL Jones		RL Jones	Danny Jones
			Swim 6:00-7:30 PM	Dryland 5:15-5:45 PM	Swim 6:00-7:30 PM		Swim 5:00-6:00 PM	Dryland 8:00-8:30 AM
				Swim 5:45-7:00 PM				Swim 8:30-10:00 AM
Junior	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 & 14	Blue	PW/DJ	Park West	Park West	Park West	Park West	Park West	Danny Jones
			Swim 5:00-6:15 PM	Dryland 4:00-4:30 PM	Swim 4:30 - 6:00 PM	Swim 6:15-7:45 PM	Swim 4:15-5:45 PM	Dryland 7:45-8:30 AM
				Swim 4:30 - 5:45 PM				Swim 8:30-10:00 AM
13 & 14	Orange	PW/DJ	Park West	Park West	Park West	Danny Jones	Park West	Danny Jones
			AM opt. based on att.	Swim 5:45 - 7:30 P	Swim 6:00-7:30 PM	Dryland 4:45-5:15 PM	Swim 4:15-5:45 PM	Dryland 7:45-8:30 AM
			Swim 5:00-6:15 PM			Swim 5:15-6:45 PM		Swim 8:30-10:00 AM
Senior	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Freshmen & Up	Blue	PW			Park West			Danny Jones
					Swim 5:30-7:00 AM			
		PW/DJ	Park West	Danny Jones		Park West	Danny Jones	Swim 6:30-8:30 AM
			Dryland 5:30-6:15 PM			Swim 4:30-6:15 PM		
			Swim 6:15-8:00 PM	Swim 5:15-7:00 PM		Dryland 6:15-7:00 PM	Swim 4:45-6:30 PM	Dryland 8:30-9:15 AM
Freshmen & Up	Orange	PW	Park West				Park West	Danny Jones
			Swim 5:30-7:00 AM				Swim 5:30-7 AM	
		DJ	Danny Jones	Danny Jones	Danny Jones	Danny Jones		Swim 6:30-8:30 AM
			Dryland 4:30-5:15 PM		Dryland 4:30-5:15 PM			Dryland 8:30-9:15 AM
			Swim 5:15-7:00 PM	Swim 5:15-7:15 PM	Swim 5:15-7:00 PM	Swim 5:15-7:15 PM		
Freshmen & Up	Gold	PW		Park West		Park West		Danny Jones
				Swim 5:30-7:00 AM		Swim 5:30-7:00 AM		
		DJ	Danny Jones	Danny Jones	Danny Jones	Danny Jones	Danny Jones	Swim 6:30-8:30 AM
			Dryland 4:30-5:15 PM		Dryland 4:30-5:15 PM			Swim 6:30-8:30 AM
			Swim 5:15-7:00 PM	Swim 5:15-7:15 PM	Swim 5:15-7:00 PM	Swim 5:15-7:15 PM	Swim 4:45-6:30 PM	Dryland 8:30-9:15 AM