

2021 MP September - October 9th

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