

# COLA PALM Swimmers **In Aiken**

		Monday	Tuesday	Wednesday	Thursday	Friday	
(lessons free & back) 45 Minutes Of Swimming	<b>Fledgling</b>	4-4:45 pm	<b>OFF</b>	4-4:45 pm	<b>OFF</b>	4-4:45 pm	<b>OFF</b>
(elementary school kids)  1 HR <sub>1</sub> of Swimming	<b>Blue &amp; Silver</b>	4:45-5:45 pm	7-8 pm	4:45-5:45 pm	7-8 pm	4:45 -5:45 pm	<b>OFF</b>
(middle school kids)  1 HR of Swimming	<b>Age-Group Elite</b>	5:45-6:45 pm	8-9 pm	5:45-6:45 pm	8-9 pm	5:45-6:45 pm	<b>OFF</b>
(high school kids)  2 HRS of Swimming	<b>Sr. Team Jr. Team</b>	Swim 5-7pm	Swim 7-9pm	Swim 5-7pm	Swim 7-9pm	Swim 5-7pm	???

