



TSM TRAINING SCHEDULE (starting Feb 22nd)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nat	6-8 AM	7-9 PM	7-9 PM	7-9 PM	7-9 PM	6:45-9 AM
	3:30-6 PM					5:15-7:15 PM
Nat Prep	6-8 AM	6-8 AM	6-8 AM	6-8 AM	6-8 AM	6:45-9 AM
	3:30-5:30 PM					5:15-7:15 PM
Senior Performance	3:30-5:30 PM	6-8 AM	6-8 AM	6-8 AM	6-8 AM	6:45-9 AM
						5:15-7:15 PM
Senior Prep	5:30-7:30 PM	6-8 AM	6-8 AM	6-8 AM	6-8 AM	6:45-9 AM
Senior Dev. (Splash)	6-7:30 AM (Splash)	6-7:30 AM (Splash)	6-7:30 AM (Splash)	6-7:30 AM (Splash)	6-7:30 AM (Splash)	7-8:30 AM (Splash)
Age Group 3	5:30-7:30 PM	7-9 PM	7-9 PM	7-9 PM	7-9 PM	5:15-7:15 PM
Age Group 2	5:30-7 PM	7-8:30 PM	7-8:30 PM	7-8:30 PM	7-8:30 PM	3-5 PM
Age Group 1	6-7:30 PM	7-8:15 PM	7-8:15 PM	7-8:15 PM	7-8:15 PM	5-6:30 PM
Seals (Splash)*	6-7 AM/7-8 AM	6-7 AM/7-8 AM	6-7 AM/7-8 AM	6-7 AM/7-8 AM	6-7 AM/7-8 AM	7-8 AM/8-9 AM

*Seals will be divided into 2 groups with alternating practice times. More info will be send to the group.