



TSM TRAINING SCHEDULE (starting Aug 24th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nat	6-8 AM	6-8 AM	6-8 AM	6-8 AM	6-8 AM	5:30-7:30 AM
	3:30-5:30 PM					5:15-7:15 PM
Nat Prep	6-8 AM	6-8 AM	6-8 AM	6-8 AM	6-8 AM	5:30-7:30 AM
	3:30-5:30 PM					5:15-7:15 PM
Senior Performance	6-7:45 AM	6-7:45 AM	6-7:45 AM	6-7:45 AM	6-7:45 AM	5:30-7:15 AM
	3:30-5:15 PM					5:15-7:15 PM
Senior Prep	6-7:30 AM	6-7:30 AM	6-7:30 AM	6-7:30 AM	6-7:30 AM	5:30-7 AM
	5:15-6:45 PM					
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	7-8:30 PM	7-8:30 PM	7-8:30 PM	7-8:30 PM	7:15-9 AM
						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	7:30-9 AM
Age Group 1	7-8:15 PM	7-8:15 PM	7-8:15 PM	7-8:15 PM	7-8:15 PM	7:30-8:45 AM
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.