

TWST 2023 Summer Long Course Schedule – May 30, 2023 to July 21, 2023

****All practices will be at the CISD Wilkinson Natatorium**

National Performance

Monday – 7:00-9:00AM & 3:00-5:00PM; Dryland 9:00-9:45 – Core/Med ball

Tuesday – 9:00-11:00AM; Dryland 8:15-9am -Weight circuit

Wednesday – 7:00-9:00AM & 3:00-5:00PM

Thursday – 9:00-11:00AM; Dryland 8:15-9am -Weight circuit

Friday – 7:00-9:00AM & 3:00-5:00PM; Dryland 9:00-9:45 – Core/Med ball

Saturday – 7:00-9:00AM

Performance Black

Monday – 7:30-10:30AM

Tuesday – 9:00-11:00AM; Dryland 8:15-9am -Weight circuit

Wednesday – 7:30-10:30AM

Thursday – 9:00-11:00AM; Dryland 8:15-9am -Weight circuit

Friday – 7:30-10:30AM

Saturday – 7:00-9:00AM

Performance Green

Monday – 1:00-3:00PM

Tuesday – 7:30-9:00AM & 2:30-4:00PM; Dryland 4:00-4:30pm

Wednesday – 1:00-3:00PM

Thursday – 7:30-9:00AM & 2:30-4:00PM; Dryland 4:00-4:30pm

Friday – 1:00-3:00PM

Saturday – 7:00-9:00AM

Senior Challenge

Monday – 1:00-3:00PM

Tuesday – 7:30-9:00AM & 2:30-4:00PM; Dryland 2:00-2:30pm

Wednesday – 1:00-3:00PM

Thursday – 2:30-4:30PM; Dryland 2:00-2:30pm

Friday – 1:00-3:00PM

Saturday – 7:00-9:00AM

Challenge Black

Monday – 9:00-10:45AM

Tuesday – 7:15-8:45AM & 4:00-5:30PM; Dryland 9:00-9:30AM

Wednesday – 9:00-10:45AM

Thursday – 7:15-9:00AM; Dryland 9:00-9:30AM

Friday – 9:00-10:45AM

Saturday – 9:00-10:30AM

Age Group Foundation**Monday** – 4:00-5:30PM**Tuesday** – 4:00-5:30PM; Dryland 3:30-4:00pm**Wednesday** – 4:00-5:30PM**Thursday** – 4:00-5:30PM; Dryland 3:30-4:00pm**Friday** – 4:30-6:00PM**Saturday** – 9:00-10:30AM**Challenge Green****Monday** – 3:00-4:30PM**Tuesday** – 1:00-2:30PM; Dryland 2:30-3:00PM**Wednesday** – 3:00-4:30PM**Thursday** – 1:00-2:30PM; Dryland 2:30-3:00PM**Friday** – 3:00-4:30PM**Saturday** – 9:00-10:30AM**Foundation Black****Monday** – 5:00-6:15PM**Tuesday** – 1:00-2:15PM**Wednesday** – 5:00-6:15PM**Thursday** – 1:00-2:15PM**Friday** – 5:30-6:30PM**Foundation Green****Monday** – 5:30-6:30PM**Tuesday** – 1:30-2:30PM**Wednesday** – 5:30-6:30PM**Thursday** – 1:30-2:30PM**Friday** – 5:30-6:30**Foundation White****Monday** – 5:30-6:15pm**Tuesday** – 1:30-2:15pm**Wednesday** – 5:30-6:15pm**Thursday** – 1:30-2:15pm**Friday** – No Practice