## OLYMPUS AQUATICS SWIMMING

## SCHEDULE: AUGUST 16 - FEBRUARY 28

| SENIOR ALPHA GROUP | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Swimming | 5:30-7:00 AM (O) | 5:30-7:00 AM (O) | 5:30-7:00 AM (O) | 5:30-7:00 AM (O) | 5:30-7:00 AM (O) | 7:00-9:00 AM (O) | |
| Swimming Technique (Optional) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | | |
| Crosstraining (Optional) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 6:00-7:00 AM (O) | |
| Swimming (Optional) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |
| **SENIOR BETA GROUP** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Swimming Technique (Optional) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | 7:00-7:45 AM (O) | | |
| Crosstraining (Optional) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | 7:45-8:30 AM (O) | | |
| Swimming | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | 2:15-4:00 PM (O) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |

| 13-14 ALPHA GROUP | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Crosstraining | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | | |
| Swimming | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 9:00-10:30 AM (O) | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |
| **13-14 BETA GROUP** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Swimming | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | | |
| Crosstraining | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |

| 11-12 ALPHA GROUP | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Crosstraining (Optional) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | | |
| Swimming | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 9:00-10:30 AM (O) | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |
| **11-12 BETA GROUP** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Swimming | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | | |
| Crosstraining | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |
| **11-12 GAMMA GROUP** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Crosstraining | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | | |
| Swimming | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |

| 10 & UNDER ALPHA GROUP | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Crosstraining (Optional) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | 3:30-4:00 PM (O) | | |
| Swimming | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 4:00-5:30 PM (O) | 9:00-10:30 AM (O) | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |
| **10 & UNDER BETA GROUP** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Swimming | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | 5:30-6:30 PM (O) | | |
| Crosstraining | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | 6:30-7:00 PM (O) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |
| **10 & UNDER GAMMA GROUP** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Crosstraining (Optional) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | 4:00-4:30 PM (S) | | |
| Swimming | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | 4:30-5:30 PM (S) | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |

| 8 & UNDER GAMMA GROUP | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Swimming | 5:30-6:00 PM (S) | 5:30-6:00 PM (S) | 5:30-6:00 PM (S) | 5:30-6:00 PM (S) | | | |
| (O)=Olympus, (S)=Sportsmall, (X)=Steiner | | | | | | | |