OLYMPUS AQUATICS SWIMMING

SCHEDULE: APRIL 11 - JUNE 4, 2022

SENIOR ALPHA GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-7:00 AM (O)	5:30-7:00 AM (O)	5:30-6:45 AM (O)	7:00-9:00 AM (O)	
Crosstraining (1A/1B)	6:45-8:30 AM (O)	6:45-8:30 AM (O)	7:45-8:30 AM (O)	7:45-8:30 AM (O)	6:45-8:00 AM (O)		
Swimming (1A/1B)			7:00-7:45 AM (O)	7:00-7:45 AM (O)	8:00-9:15 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, (BW)=BodyWise Fitness							
SENIOR BETA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Swimming	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-6:45 AM (O)	7:00-9:00 AM (O)	
Crosstraining (1A/1B)	6:45-8:30 AM (O)	6:45-8:30 AM (O)	6:45-7:30 AM (O)	6:45-7:30 AM (O)	6:45-8:00 AM (O)		
Swimming (1A/1B)			7:30-8:30 AM (O)	7:30-8:30 AM (O)	8:00-9:15 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, (BW)=BodyWise Fitness							
SENIOR GAMMA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)		
Swimming	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)		
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
13-14 ALPHA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	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)	
Swimming (Optional)	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-6:45 AM (O)	5:30-6:45 AM (O)		
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
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)	9:00-10:30 AM (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)			
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
13-14 GAMMA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)		
Swimming	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)		
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
11-12 ALPHA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	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, (BW)=BodyWise Fitness							
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)	9:00-10:30 AM (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)			
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
11-12 GAMMA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)		
Swimming	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)		
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
10&U ALPHA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	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, (BW)=BodyWise Fitness							
10&U 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)	9:00-10:30 AM (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)			
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
10&U GAMMA GROUP	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Dryland	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)	4:00-4:25 PM (S)		
Swimming	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)	4:25-5:25 PM (S)		
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							
MASTERS	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Swimming Short Course	6:00-7:00 AM (S)	6:00-7:00 AM (S)	6:00-7:00 AM (S)	6:00-7:00 AM (S)	6:00-7:00 AM (S)		
(O)=Olympus, (S)=Sportsmall, (X)=Steiner, (BW)=BodyWise Fitness							