

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Developmental		5:00-6:00		5:00-6:00			
Age Group 1	5:30-6:30		5:30-6:30		5:30-6:30		
Age Group 2	5:30-6:30		5:30-6:30		5:30-6:30		
Age Group 3	7:00-8:30	6:00-7:30	OFF	6:00-7:30	OFF	11:30 - 1:00	
Age Group 4	7-9 a.m. or 7:00-8:45	7:00-8:45	6:30-8:15	7:00-8:45	6:30- 8	-	
Junior	7-9 a.m. or 5:30-7:30	7:00-9:00	6:30-8:30	7:00-9	6:30-8:30	9:00-11:00	
Senior	9:00-11:30 am	Swim 3 - 5, lift 5 - 6	3 - 530	Swim 3 - 5, lift 5 -6	5:30-7:10 AM & 3:00-5:30 PM	9:00-11:00, 11 - 1130 dryland	
CM Schedule - During Middle school swim							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Group 1	5-6	-	5-6	-	5-6		
Age Group 2	6-7	-	6-7	-	6-7		
Age Group 3	7-830	6-730	-	6-730	-	11 - 1230	
Age Group 4	7-830	6-745	7-830	6-745	-	11 - 1245	
Junior	6-800	6-8	6-800	6-8	6-800	9 - 11	
Senior	4:15-6:00	Lift: 245-4, swim 4:15-6:00	dryland: 3-4, swim 4:15-6:00	Lift: 245-4, swim 4:15-6:00	5:30-7:00 AM or 4:15-6:00	9-11, 11-1130 dryland	
Middle School/PEAC	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	-	