



*From Novice to Olympian, Achieving Excellence
Through the Sport of Swimming*

Weekly Schedule September 8-13

****Updated Weekly on Sundays****

Senior Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIOR (Ages 14-18)						
AM	5:00-6:45	OFF	5:00-6:45	OFF	5:00-6:45	Tech Suit Fitting & Dry Run 8 AM
PM	4:30-6:30	4:30-6:30	4:30-6:30	4:30-6:30	OFF	
Dryland	6:15-6:45 AM		6:15-6:45 AM		6:15-6:45 AM	

Age Group Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MUSTANG (Ages 11-14)						
AM	5:00-6:45	OFF	5:00-6:45	OFF	5:00-6:45	Tech Suit Fitting & Dry Run 8 AM
PM	6:00-8:00	6:00-8:00	4:30-6:30	6:00-8:00	OFF	
Dryland	6:15-6:45 AM		6:15-6:45 AM		6:15-6:45 AM	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAVERICK (Ages 8-11)						
PM	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	OFF	Tech Suit Fitting & Dry Run 8 AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RAPTOR (Ages 5-8)						
PM	4:30-5:20	4:30-5:20	4:30-5:20	4:30-5:20	OFF	Tech Suit Fitting & Dry Run 8 AM

Masters Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MASTERS						
AM	5:05-6:05	5:05-6:05	5:05-6:05	5:05-6:05	5:05-6:05	5:45-6:45 AM
Noon	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	
Evening	OFF	OFF	OFF	OFF	OFF	

****NO LOCKERROOM ACCESS EVENING WORKOUT****

