

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLATINUM	3:00-4:00pm (dryland) 4:00-6:00pm (swim)	3:00-5:15pm (swim)	3:00-4:00pm (dryland) 4:00-6:00pm (swim)	3:00-5:15pm (swim) 5:30 - 6:30pm (dryland) (LT Yoga Class)	4:00-7:00pm (swim)	1 - 4pm @ ASU
SENIOR	3:00-4:00pm (dryland) 4:00-6:00pm (swim)	4:00-5:15pm (swim)	4:00-6:00pm (swim)	3:00-5:15pm (swim) 5:30 - 6:30pm (dryland) (LT Yoga Class)	4:00-7:00pm (swim)	1 - 4pm @ ASU
13&O GOLD	4:00 - 4:30pm (dryland) 4:30 - 6:00pm (swim)	4:00 - 5:15pm (swim)	4:00-6:00pm (swim)	4:00 - 4:30pm (dryland) 4:30 - 6:00pm (swim)	4:00-7:00pm (swim)	1 - 4pm @ ASU
12&U GOLD	4:00 - 4:30pm (dryland) 4:30 - 6:00pm (swim)	4:00 - 4:30pm (dryland) 4:30 - 6:00pm (swim)	4:30 - 6:00pm (swim)	4:00 - 4:30pm (dryland) 4:30 - 6:00pm (swim)	OFF	8:30 - 10:00am
SILVER	6:00 - 7:30pm (swim)	OFF	6:00 - 7:30pm (swim)	6:00 - 7:30pm (swim)	5:00 - 7:00pm (swim)	8:30 - 10:00am
BRONZE	6:00 - 7:15pm (swim)	6:00 - 7:15pm (swim)	6:00 - 7:15pm (swim)	6:00 - 7:15pm (swim)	OFF	8:30 - 10:00am
DEV 1	5:20 - 6:05pm (swim)	5:20 - 6:05pm (swim)	5:20 - 6:05pm (swim)	OFF	OFF	9 - 9:45am (swim)
DEV 2	6:10 - 6:55pm (swim)	6:10 - 6:55pm (swim)	6:10 - 6:55pm (swim)	OFF	OFF	9 - 9:45am (swim)

- PLATINUM** Our 13&O High Performance Training Group
- SENIOR** Our 14&O HS athletes
- GOLD** Our State+Regional 9-14 year old athletes
- SILVER** Our intermediate to advanced competition team 13&U athletes
- BRONZE** Our beginner to intermediate competition team 10&U athletes
- DEV 1** Our rising star athletes working on stroke mechanics and endurance
- DEV 2** Our shooting star athletes working towards the competition team