

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Coach Leslie Sommers	5:00-7:00pm	5:00-6:40pm (swim) 7:00-7:30pm (dryland)	5:00-7:00pm	5:00-6:40pm (swim) 7:00-7:30pm (dryland)	5:00-6:30pm	7:30-9:30am
Senior Mornings Coach Leslie Sommers		5:00-6:00am		5:00-6:00am		
Gold Coach Leslie Sommers	5:00-6:30pm	5:00-6:40pm (swim) 7:00-7:30pm (dryland)	5:00-6:30pm	5:00-6:40pm (swim) 7:00-7:30pm (dryland)	5:00-6:30pm	7:30-9:30am
Silver Coach Leslie Sommers	4:00-5:00pm	4:00-5:00pm (pool) 5:15-5:45pm (Boot Camp)	4-5pm	4:00-5:00pm (pool) 5:15-5:45pm (Boot Camp)	4:00-5:00pm	
Bronze Coach Maddie Corder	4:00-5:00pm	4:00-5:00pm (pool) 5:15-5:45pm (Boot Camp)	4:00-5:00pm	4:00-5:00pm (pool) 5:15-5:45pm (Boot Camp)		
Developmental Caoch Olivia Hinchey	Dev 1: 4:15-5:00pm Dev 2: 5:00-6:00pm		Dev 1: 4:15-5:00pm Dev 2: 5:00-6:00pm		Dev 1: 4:15-5:00pm Dev 2: 5:00-6:00pm	