

<b>Group</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Gold</b> <b>Coach Joe North</b>	4:00-6:00pm (pool)	4:00-6:00pm (pool)	4:00-6:00pm (pool) 4:00-4:30pm (dryland)	4:00-6:00pm (pool)	4:00-6:00pm (pool)	8:00-10:30am (pool) 8:00-8:45am (dryland)
<b>Silver</b> <b>Coach Joe North</b>	4:00-5:30pm (pool)	4:00-5:30pm (pool)	4:00-5:30pm (pool) 4:00-4:30pm (dryland)	4:00-5:30pm (pool)	4:00-5:30pm (pool)	8:00-10:30am (pool) 8:00-8:45am (dryland)
<b>Bronze</b> <b>Coach Kaitlyn</b>	5:00-6:00pm (pool)	5:00-6:00pm (pool)	5:00-6:00pm (pool)	5:00-6:00pm (pool)	OFF	OFF
<b>Intro</b> <b>Coach Kaitlyn</b>	OFF	4:15-5:00pm	4:15-5:00pm	4:15-5:00pm	OFF	OFF
<b>Assistant Coaches</b>	<b>Developmental</b>	<b>Bronze</b>	<b>SILVER</b>	<b>GOLD</b>		
	Cap	Cap	Cap	Cap		
	Goggles	Goggles	Goggles	Goggles		
	Water Bottle	Water Bottle	32 oz Water Bottle	32 oz Water Bottle		
	Kickboard	Kickboard	Kickboard	Kickboard		
	Pull Bouy	Pull Bouy	Pull Bouy	Pull Bouy		
		Fins	Fins	Fins		
			Paddles	Paddles		
				Snorkel		