

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Elite	8:30-10:30am 4:30-6:00pm***	8:30-10:30am	8:30-11:00am* 4:30-6:00pm***	8:30-10:30am	8:30-10:30am 4:30-6:00pm***		
Senior	7:30-8:45am 4:30-6:00pm***	7:30-8:45am	7:30-9:15am* 4:30-6:00pm***	7:30-8:45am	7:30-8:45am 4:30-6:00pm***		
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**			
Junior	10:30-11:30am	10:30-11:30am	8:15-10:15am*	10:30-11:30am	10:30-11:30am		
Gold	8:45-9:45am	8:45-10:15am*		8:45-9:45am	8:45-9:45am		
Silver	10:30am-12:00pm*	10:30-11:30am		10:30-11:30am	10:30-11:30am		
Bronze 11-13	9:45-10:30am	9:45-10:30am		9:45-10:30am	9:45-10:30am		
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	8:30-9:00am	

**\*Dryland/ Meeting included.**

**\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

**\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information.**