

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 17	February 18	February 19	February 20	February 21	February 22	F 23
Senior Elite	No swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	4:30--4:55pm yoga 5:00-7:00pm swim	8:30-11:30am Winter Distance Challenge	
Senior Senior Advanced	No swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	4:30-4:55pm yoga 5:00-7:00pm swim		
Senior Prep	No swim	5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	5:00-7:00pm swim	4:00-5:00pm swim 5:00-5:30pm yoga	8:30-10:30am swim	
Junior Elite	No swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:30pm yoga 5:30-7:00pm swim	8:30-11:30am Winter Distance Challenge	
Junior + Advanced	No swim	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4:00-5:30pm swim 5:30-6:00pm yoga		
Senior Development	No swim		5:30-7:00pm swim	4:00-5:00pm swim	5:00-5:30pm yoga 5:30-6:30pm swim		
Junior Development	No swim	4:00-5:00pm swim	4:00-5:30pm swim		4:00-5:00pm swim 5:00-5:30pm yoga	9:30-10:30am swim	
Junior Mini	No swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim			
Pre Team	No swim	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm PT 2 5:30-6:15pm	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm		
Senior Pre Comp	No swim		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		
Junior Pre Comp	No swim	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	JrPC 2 5:00-5:30pm JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	JrPC 1 5:30-6:00pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm		

Jr. Novice	No swim	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm JR Novice 2 5:30-6:00pm	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm		
Sr. Novice	No swim	SR Novice 4:00-4:30pm	SR Novice 4:45-5:15pm	SR Novice 4:00-4:30pm			
PT Novice	No swim		PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm		