

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 15	August 16	August 17	August 18	August 19	August 20	August 21
Senior Elite	4:45-5:30pm dry land 5:30-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:30am Swim SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	5:00-7:00pm swim SSDL individually	8:30-10:30am swim SSDL individually	
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:45pm dryland 5:45-7:00pm swim	5:00-5:30pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:00-6:30pm dryland	5:00-5:30pm dryland 5:30-7:00pm swim		
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	6:30-8:00pm swim	4:00-5:30pm swim		7:30-8:30am swim	
Junior Elite	4:00-5:30pm swim 5:30-6:00pm dryland	4:00-5:30pm swim 5:30-6:00pm dryland	SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	4:00-5:30pm swim 5:30-6:00pm dryland	8:30-10:30am swim SSDL individually	
Junior + Advanced	4:00-5:30pm swim	5:00-5:45pm swim 5:45-6:15pm dryland	4:00-5:30pm swim	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim		
Senior Development	5:30-6:15pm dryland 6:15-7:00pm swim		5:30-6:30pm swim	5:30-6:00pm dryland 6:00-7:00pm swim	5:30-6:30pm swim		
Junior Development	4:00-4:45pm Swim 4:45-5:15pm		4:00-5:00pm Swim 5:00-5:30pm dryland		4:00-5:00pm Swim 5:00-5:30pm dryland	10:30-11:30am swim	

Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins 6:00-6:30pm Seals	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales 5:30-6:00pm Otters	5:30-6:00pm Otters	5:30-6:00pm Whales		