

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|------------|----------------------------|-------------------------|-------------------------|-------------------------|--------------|------------|
| | January 17 | January 18 | January 19 | January 20 | January 21 | January 22 | January 23 |
| Senior Elite | | 6:00-7:00am 5:30-7:00pm | | 5:30-7:00pm | 5:00-7:00pm | 9:30-11:30am | |
| Senior | | 5:00-6:30pm | 5:45-7:00pm | 5:00-6:30pm | 5:45-7:00pm | | |
| Senior Fit | | 6:00-7:00pm | 5:45-7:00pm | 6:00-7:00pm | | 7:30-8:30am | |
| Junior Elite | | 4:00-5:00pm | | 4:00-5:00pm | 4:00-5:15pm | 9:00-10:30am | |
| Junior Advanced | | | 4:45-5:45pm | | 4:45-5:45pm | 8:30-9:30am | |
| Junior | | 4:45-5:45pm | 4:45-5:45pm | 4:45-5:45pm | 4:45-5:30pm | | |
| Senior Development | | | 4:00-4:45pm | 4:00-4:45pm | 4:00-4:45pm | | |
| Junior Development | | 4:00-4:45pm | 4:00-4:45pm | | 4:00-4:45pm | | |
| Pre Team | | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks | | |
| Senior Pre Comp | | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins | | |
| Junior Pre Comp | | 5:30-6:00pm Otters | 5:30-6:00pm Whales | 5:30-6:00pm Otters | 5:30-6:00pm Whales | | |

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.