

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 24	January 25	January 26	January 27	January 28	January 29	January 30
Senior Elite	5:00-7:00pm	6:00-7:00am 5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior	5:45-7:00pm	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	4:00-5:15pm	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		4:45-5:45pm	8:30-9:30am	
Junior	4:45-5:30pm	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	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
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 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 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 Whales		

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