

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 3	January 4	January 5	January 6	January 7	January 8	January 9
Senior Elite	5:00-7:00pm*	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	5:00-7:00pm*	9:30-11:30am	
Senior	5:45-7:00pm	5:00-7:00pm*	5:30-7:00pm	5:00-7:00pm*	5:45-7:00pm	EC Meet	
Senior Fit		5:30-7:00pm*	5:30-7:00pm*	5:30-7:00pm*		EC Meet	
Junior Elite	4:00-5:15pm	4:00-5:30pm*		4:00-5:30pm*	4:00-5:15pm	9:00-10:30am EC Meet	
Junior Advanced	4:30-5:45pm*		4:30-5:45pm*		4:30-5:45pm*	EC Meet	
Junior	4:45-6:00pm*	4:45-5:45pm	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*	EC Meet	
Senior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm	EC Meet	
Junior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	EC Meet	
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		

* dryland included, your coaches will give you more details about specific schedule for each group

January 8-9 - EC Meet hosted by Elite Otters (Palm Springs), email with details will be sent out during the week