

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 11	July 12	July 13	July 14	July 15	July 16	July 17
Senior Elite	8:30-9:00am dryland 9:00-10:30am swim	8:00-10:00am Swim 10:00-10:30am dryland	8:30-9:00am dryland 9-10:30am swim	8:00-10:00am Swim 10:00-10:30am dryland	SSDL individually	8:00-9:00 swim 9-12 FAC Fun day	
Senior	7:30-9:00am swim 9:00-9:30am dryland	7:00-7:30am dryland 7:30-9:00am swim	7:30-9:00am swim 9:00-9:30am dryland	7:00-7:30am dryland 7:30-9:00am swim	7:30-9:00am swim 9:00-9:30am dryland	9-12 FAC Fun day	
Senior Fit	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	8:30-9:45am swim	9-12 FAC Fun day	
Junior Elite	10:00-10:30am dryland 10:30-12:00pm swim	10:00-10:30am dryland 10:30-12:00pm swim	10:00-10:30am dryland 10:30-12:00pm swim	10:00-10:30am dryland 10:30-12:00pm swim	SSDL Individually	8:00-9:00 swim 9-12 FAC Fun day	
Junior Advanced	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	9:15-9:45am Dryland 9:45-10:45am swim	9-12 FAC Fun day	
Junior	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	9:15-9:45am Dryland 9:45-10:45am swim	9-12 FAC Fun day	
Senior Development	11:45-12:30pm swim	11:45-12:30pm swim	11:45-12:30pm swim	11:45-12:30pm swim	10:45-11:30am swim	9-12 FAC Fun day	
Junior Development	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim	9-12 FAC Fun day	

Pre Team	6:00-6:30pm Sharks	6:00-6:30pm Starfish	6:00-6:30pm Sharks	6:00-6:30pm Starfish	6:00-6:30pm Sharks	9-12 FAC Fun day	
Senior Pre Comp	5:30-6:00pm Dolphins	5:30-6:00pm Seals	5:30-6:00pm Dolphins	5:30-6:00pm Seals	5:30-6:00pm Dolphins	9-12 FAC Fun day	
Junior Pre Comp	5:00-5:30pm Whales	5:00-5:30pm Otters	5:00-5:30pm Whales	5:00-5:30pm Otters	5:00-5:30pm Whales	9-12 FAC Fun day	