

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 12	July 13	July 14	July 15	July 16	July 17	July 18
Senior Elite	8:30-10:30am 4:30-6:00pm***	9:30-11:00am	8:30-10:30am 4:30-6:00pm***	9:30-11:00am	8:30-10:30am 4:30-6:00pm***		
Senior	7:30-8:45am 4:30-6:00pm***	8:30-9:30am	7:30-8:45am 4:30-6:00pm***	8:30-9:30am	7:30-8:45am 4:30-6:00pm***		
Pre Senior		4-5pm or 5-6pm**	10:15-11:30am	4-5pm or 5-6pm**			
Junior	10:30-11:30am	11:00am-12:00pm	8:30-10:30am	11:00am-12:00pm	10:30-11:30am		
Gold	8:45-9:45am	9:30-10:30am		9:30-10:30am	8:45-9:45am		
Silver	10:30-11:30am	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am		
Bronze 11-13	9:45-10:30am	10:30-11:15am		10:30-11:15am	9:45-10:30am		
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	8:30-9:00am	

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**