

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 18	July 19	July 20	July 21	July 22	July 23	July 24
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	Summer Sectionals Summer JO's	Summer Sectionals Summer JO's	Summer Sectionals Summer JO's	Summer Sectionals Summer JO's
Senior	7:30-9:00am swim 9:00-9:30am dryland	7:30-9:00am swim	7:30-9:00am swim 9:00-9:30am dryland	Summer JO's	Summer JO's	Summer JO's	Summer JO's
Senior Fit	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	Summer JO's	Summer JO's	Summer JO's	Summer JO's
Junior 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 9:00-10:30am swim	Summer JO's	Summer JO's	Summer JO's	Summer JO's
Junior Advanced	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	Summer JO's	Summer JO's	Summer JO's	Summer JO's
Junior	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	Summer JO's	Summer JO's	Summer JO's	Summer JO's
Senior Development	11:45-12:30pm swim	11:45-12:30pm swim	11:45-12:30pm swim	Summer JO's	Summer JO's	Summer JO's	Summer JO's
Junior Development	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim		
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		
Senior Pre Comp	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		

	Dolphins	Seals	Dolphins	Seals	Dolphins		
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		