

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 14	June 15	June 16	June 17	June 18	June 19	June 20
Senior Elite	Off	9:00-11:00am*	8:30-10:15am 4:30-6:00pm***	9:00-11:00am*	8:30-10:30am 4:30-6:00pm***	Summer Invite	Summer Invite
Senior	Off	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	Summer Invite	Summer Invite
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**		Summer Invite	Summer Invite
Junior	Off	11:00am-12:00pm	8:15-10:15am*	11:00am-12:00pm	10:30-11:30am	Summer Invite	Summer Invite
Gold	8:45-9:45am	9:30-10:45am*		9:30-10:45am*	8:45-9:45am	Summer Invite	Summer Invite
Silver	10:30am-12:00pm*	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am	Summer Invite	Summer Invite
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		

***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.**