

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|--------------------------------|------------------|---------------------------------|------------------|--------------------------------|---------------|---------------|
| | June 7 | June 8 | June 9 | June 10 | June 11 | June 12 | June 13 |
| Senior Elite | 8:30-10:30am 4:30-6:00pm*** | 8:30-10:30am | 8:30-11:00am* 4:30-6:00pm*** | 8:30-10:30am | 8:30-10:30am 4:30-6:00pm*** | FAC Dual Meet | FAC Dual Meet |
| Senior | 7:30-8:45am 4:30-6:00pm*** | 7:30-8:45am | 7:30-9:15am* 4:30-6:00pm*** | 7:30-8:45am | 7:30-8:45am 4:30-6:00pm*** | FAC Dual Meet | FAC Dual Meet |
| Pre Senior | | 4-5pm or 5-6pm** | 10:00-11:30am* | 4-5pm or 5-6pm** | | FAC Dual Meet | FAC Dual Meet |
| Junior | 10:30-11:30am | 10:30-11:30am | 8:15-10:15am* | 10:30-11:30am | 10:30-11:30am | FAC Dual Meet | FAC Dual Meet |
| Gold | 8:45-9:45am | 8:45-10:15am* | | 8:45-9:45am | 8:45-9:45am | FAC Dual Meet | FAC Dual Meet |
| Silver | 10:30-11:30am | 10:30-11:30am | | 10:30-11:30am | 10:30-11:30am | FAC Dual Meet | FAC Dual Meet |
| Bronze 11-13 | 9:45-10:30am | 9:45-10:30am | | 9:45-10:30am | 9:45-10:30am | FAC Dual Meet | FAC Dual Meet |
| Bronze 10U | 4:00-4:30pm | | 4:00-4:30pm | | 4:00-4:30pm | FAC Dual Meet | FAC Dual Meet |

***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.**

Senior Elite**Monday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

Tuesday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30 swim

Wednesday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

10:30-11:00am dry land

Thursday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30 swim

Friday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

JUNIORS

M,Tu,Th,F swim only

Wednesday 8:15-8:45am dryland, 8:45-10:15am swim

SENIOR

M,Tu,Th,F 7:30-8:45am swim

W 7:30-8:45am swim, 8:45-9:15am dryland

GOLD

M,Tu,Th,F 8:45-9:45am swim

Tu 9:45-10:15am dryland

PRE SENIOR

Tuesday 4-5pm or 5-6pm

Wednesday 10-10:15am dryland/meeting, 10:15-11:30am swim

Thursday 4-5pm or 5-6pm

SILVER

M,Tu,Th,F 10:30-11:30am swim

Monday 11:30-12:00pm dryland/meeting

BRONZE 11-13

M,Tu,Th,F 9:45-10:30am

BRONZE 10U

M,W,F 4-4:30pm

Sa 8:30-9:00am