

	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