

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
Senior Elite	3:45-5:45pm	3:30-5:30pm*		3:30-5:30pm*	3:45-5:45pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:30pm*		6:00-7:30pm*	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:30pm*			
Junior	3:45-4:45pm		3:45-5:30pm*		3:45-4:45pm	10:30-11:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	4:30-6:00pm*	4:15-5:00pm		8:30-9:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:30-4:15pm*		9:30-10:15am	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm		10:00-10:30am	

\* dry land part of the session, swimmers have your athletic clothes, shoes and water ready

\* dry land session will be inside of the facility, please know that the same health check in will be required before walking on deck, be on time, late entries will not be allowed

\* masks and 6ft+ distance are required during dryland