

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 22	August 23	August 24	August 25	August 26	August 27	August 28
Senior Elite	4:45-5:30pm dry land 5:30-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:30am Swim SSDL individually <b>6-7pm parent meeting</b>	4:45-5:30pm dry land 5:30-7:00pm swim	5:00-7:00pm swim SSDL individually	8:30-10:30am swim SSDL individually <b>2-6pm Beach day social</b>	
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:45pm dryland 5:45-7:00pm swim	5:00-5:30pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:00-6:30pm dryland	5:00-5:30pm dryland 5:30-7:00pm swim		
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	6:30-8:00pm swim	4:00-5:30pm swim		7:30-8:30am swim	
Junior Elite	4:00-5:30pm swim 5:30-6:00pm dryland	4:00-5:30pm swim 5:30-6:00pm dryland	SSDL individually <b>7-8pm parent meeting</b>	4:45-5:30pm dry land 5:30-7:00pm swim	4:00-5:30pm swim 5:30-6:00pm dryland	8:30-10:30am swim SSDL individually <b>2-6pm Beach day social</b>	
Junior + Advanced	4:00-5:30pm swim	5:00-5:45pm swim <b>5:45-6:10pm dryland</b> <b>6:30-7:10pm Parent meeting</b>	4:00-5:30pm swim	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim		
Senior Development	5:30-6:15pm dryland 6:15-7:00pm swim		5:30-6:30pm swim	5:30-6:00pm dryland 6:00-7:00pm swim	5:30-6:30pm swim		
Junior Development	4:00-4:45pm		4:00-5:00pm		4:00-5:00pm	10:30-11:30am	

	Swim 4:45-5:15pm		Swim 5:00-5:30pm dryland		Swim 5:00-5:30pm dryland	swim	
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins 6:00-6:30pm Seals	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales 5:30-6:00pm Otters	5:30-6:00pm Otters	5:30-6:00pm Whales		

**Wednesday August 24th - the swim guy is coming and you will be able to pick up your team shirts as well as other items for the season, he will be on deck 4-7pm**