

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 23	January 24	January 25	January 26	January 27	January 28	January 29
Senior Elite	4:30-5:00pm dry land 5:00-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:00am Swim SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	4:30-5:00pm dry land 5:00-7:00pm swim	8:15-8:25am dynamic warm up 8:30-10:30am swim	
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:30pm dryland 5:30-7:00pm swim	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		4:00-5:30pm swim	6:00-6:30pm dryland 6:30-8:00pm swim	4:00-5:30pm swim		7:30-8:30am swim 8:30-9:00am dryland	
Junior Elite	4:30-5:00pm dry land 5:00-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	4:30-5:00pm dry land 5:00-7:00pm swim	8:15-8:25am dynamic warm up 8:30-10:30am swim	
Junior + Advanced	4:00-5:30pm swim	4-4:30pm dryland 4:30-5:30pm swim	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	4:00-5:00pm Swim		4:00-4:30pm dryland 4:30-5:30pm		4:00-5:00pm swim	10:30-11:30am swim	

			Swim				
Pre Team	6:30-7:00pm Sharks (Emma) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish (Jorman)	6:30-7:00pm Sharks (Emma) 6:30-7:00pm Starfish (Jorman) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish (Jorman)	6:30-7:00pm Sharks (Emma) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		
Senior Pre Comp	6:00-6:30pm Dolphins (Emma) 7:00-7:30pm Swordfish	6:00-6:30pm Seals (Jorman)	6:00-6:30pm Dolphins (Emma) 6:00-6:30pm Seals (Jorman) 7:00-7:30pm Swordfish	6:00-6:30pm Seals (Jorman)	6:00-6:30pm Dolphins (Emma) 7:00-7:30pm Swordfish		
Junior Pre Comp	5:30-6:00pm Whales 7:00-7:30pm Stingrays	5:30-6:00pm Otters (Jorman)	5:30-6:00pm Whales (Emma) 5:30-6:00pm Otters (Jorman) 7:00-7:30pm Stingrays	5:30-6:00pm Otters (Jorman)	5:30-6:00pm Whales (Emma) 7:00-7:30pm Stingrays		