

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 3	July 4	July 5	July 6	July 7	July 8	July 9
Senior Elite	8:30-8:50 dryland 9:00-11:00am swim	No practice	9:00-10:30am swim SSDL Individually	7:30-9:00am swim 5:30-7:00pm swim	7:30-9:30am swim 9:40-10:30am Dryland EC Champs	EC Champs	EC Champs
Senior	7:00-7:20am dryland 7:30-9:00am swim	No practice	7:00-7:20am dryland 7:30-9:00am swim	9:00-11:00am swim	7:00-7:20am dryland 7:30-9:00am Swim EC Champs	EC Champs	EC Champs
Senior Fit		No practice	5:30-7:00pm swim	4:30-5:30pm swim 5:40-6:00pm dryland		EC Champs	EC Champs
Junior Elite	8:30-8:50am dryland 9:00-11:00am swim	No practice	9:00-10:30am swim SSDL Individually	7:30-9:00am swim	7:30-9:30am swim 9:40-10:30am Dryland	EC Champs	EC Champs
Junior + Advanced	9:00-10:30am swim	No practice	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am Swim	EC Champs	EC Champs
Senior Development	10:30-11:30am swim	No practice	10:30-11:30am swim	10:30-11:30am swim		EC Champs	EC Champs
Junior Development	4:00-4:20pm dryland 4:30-5:30pm Swim	No practice	4:00-4:20pm dryland 4:30-5:30pm swim		4:30-5:30pm Swim	EC Champs	EC Champs
Pre Team	6:30-7:00pm Pre Team 1 (Sharks,		6:30-7:00pm Pre Team 1 (Sharks,	6:30-7:00pm Pre Team 2	6:30-7:00pm Pre Team 1 (Sharks,		

	Sea Lions, Narwhals combined)	No practice	Sea Lions, Narwhals combined) 6:30-7:00pm Pre Team 2 (Starfish)	(Starfish)	Sea Lions, Narwhals combined)		
Senior Pre Comp	6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined)	No practice	6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined) 6:00-6:30pm Senior Pre Comp 2 (Seals)	6:00-6:30pm Senior Pre Comp 2 (Seals)	6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined)		
Junior Pre Comp	5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined)	No practice	5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined) 5:30-6:00pm Junior Pre Comp 2 (Otters)	5:30-6:00pm Junior Pre Comp 2 (Otters)	5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined)		