

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 5	September 6	August 7	September 8	September 9	September 10	September 11
Senior Elite		5:30-7:00pm swim	Sign up for lanes SSDL individually	Sign up for lanes SSDL individually	Sign up for lanes SSDL individually	Sign up for lanes SSDL individually	
Senior		5:45-7:00pm swim	Sign up for lanes SSDL individually	Sign up for lanes SSDL individually	Sign up for lanes SSDL individually	SSDL individually	
Senior Fit		4:00-5:00pm Swim	SSDL individually	SSDL individually		SSDL individually	
Junior Elite		4:00-5:30pm swim	SSDL individually	SSDL individually	SSDL individually	SSDL individually	
Junior + Advanced		5:00-5:45pm swim	SSDL individually	SSDL individually	SSDL individually		
Senior Development			SSDL individually	SSDL individually	SSDL individually		
Junior Development			SSDL individually		SSDL individually		
Pre Team		6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish	6:30-7:00pm Sharks 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		
Senior Pre Comp		6:00-6:30pm Seals	6:00-6:30pm Dolphins 6:00-6:30pm Seals 7:00-7:30pm	6:00-6:30pm Seals	6:00-6:30pm Dolphins 7:00-7:30pm Swordfish		

			Swordfish				
Junior Pre Comp		5:30-6:00pm Otters	5:30-6:00pm Whales 5:30-6:00pm Otters 7:00-7:30pm Stingrays	5:30-6:00pm Otters	5:30-6:00pm Whales 7:00-7:30pm Stingrays		