

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 8	January 9	January 10	January 11	January 12	January 13	January 14
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	SSDL Individually	4:30-5:20pm dryland 5:30-7:00pm Swim	4:30-4:50pm dryland 5:00-7:00pm Swim	7:30-10:00am swim 10:10-10:30am dryland/stretch	
Senior	5:00-7:00pm swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:00pm Swim 6:10-6:30pm dryland	5:00-7:00pm swim		
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim		10-11:30am swim	
Junior Elite	5:00-5:20pm meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm Swim	5:00-5:20pm dryland 5:30-7:00pm Swim	7:30-9:30am swim	
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim 5:10-5:30pm dryland	4:00-5:30pm swim		
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland		
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	9:00-10:00am swim	
Pre Team	PT 1 6:30-7:15pm		PT 1 6:30-7:15pm		PT 1 6:30-7:15pm		

	PT 2 7:15-8:00pm		PT 2 7:15-8:00pm		PT 2 7:15-8:00pm		
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm		
Jr. Novice		4:00-4:30pm swim	4:00-4:30pm swim	4:00-4:30pm swim			
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim			
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim		