

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 20	May 21	May 22	May 23	May 24	May 25	May 26
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	SSDL Individually	4:30-4:50pm dryland 5:00-7:00pm swim	Nova Grand Challenge  5:00-7:00pm Swim	Nova Grand Challenge  8:30-10:30am swim	Nova Grand Challenge
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	5:00-7:00pm Swim	5:00-7:00pm swim		
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim		10:00-11:30am 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	5:00-7:00pm swim	8:30-10:30am swim	
Junior + Advanced	4:00-5:30pm swim	4:00-4:30pm 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	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	9-10am swim	
Pre Team	PT 1 6:30-7:15pm	PT 3 5:30-6:15pm	PT 1 6:30-7:15pm	PT 3 5:30-6:15pm	PT 1 6:30-7:15pm		

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