

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 11	September 12	September 13	September 14	September 15	September 16	September 17
Senior Elite	4:30-4:50pm dryland/ meeting 5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim	5:45-7:00am swim SSDL Individually 7:00-8:00pm Annual parent meeting	4:30-5:20pm dryland 5:30-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm	8:30-10:30am swim Mission Mile open water race	
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		10:00-11:30am swim	
Junior Elite	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	5:00-5:20pm dryland 5:30-7:00pm swim	8:30-10:30am swim Mission Mile open water race	
Junior + Advanced	4:00-5:30pm swim 5:30pm Group social	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm 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 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm 6-7pm Seahorse School		PT 1 6:30-7:15pm 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 6-7pm Seahorse School	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 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 6-7pm Seahorse School	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm		