

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	January 12	January 13	January 14	January 15	January 16	January 17	J 18
Senior Elite (Coach Renata)	5:00-5:30 pm dryland 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:30pm swim	8:30-11:00am swim	
Senior Advanced (Coach Jennifer)	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7-8:30pm swim		
Senior (Coach Ethan)	7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	7:00-8:30pm swim		
Junior Elite (Coach Renata)	5:00-5:30pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	8:30-10:30am swim	
Junior Advanced (Coach Jennifer)	4:30-5:00pm dryland 5:10-6:30pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim		
Junior Development (Coach Dorian)	4:30-5:30pm swim 5:35-6:00pm dryland	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim		4:30-5:30pm swim 5:40-6:00pm dryland	9-10:30am swim	
Junior Mini (Coach Isabel)	5:00-6:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	6:00-7:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	5:00-6:00pm swim		