

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	November 3	November 4	November 5	November 6	November 7	November 8	N 9
Senior Elite	5:00-5:30 pm yoga 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00am swim  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 Kevin Perry Senior Meet	8:30-10:30am swim Kevin Perry Senior Meet	Kevin Perry Senior Meet
Senior	6:30-6:55pm yoga 7:00-8:30pm swim	6:30-8:30pm swim	5:30-7:00am swim  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		
Junior Elite	5:00-5:30pm yoga 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	4:30-6:00pm swim 6:05-6:30pm yoga	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	4:30-5:30pm swim 5:35-6:00pm yoga	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	5:00-6:00pm swim 6:05-6:30pm yoga (optional)	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		