

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| COMPETITIVE | September 8 | September 9 | September 10 | September 11 | September 12 | September 13 | S 14 |
| 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 5:00-5:20pm 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 | 7:30-9:30am swim | |
| 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 | | |
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| 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 | 7:30-9:30am 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 | 9:00-10:30am 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 | | |