

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--|---|--|---|--|---|------------------------|
| | March 10 | March 11 | March 12 | March 13 | March 14 | March 15 | M 16 |
| Senior Elite | 4:30-4:50pm dryland 5:00-7:00pm swim | 5:00-5:50pm dryland 6:00-7:30pm swim | 5:30-7:00pm swim | 5:00-5:50pm dryland 6:00-7:30pm swim | 5:00-7:00pm swim | 8:30-10:30am swim | |
| Senior Senior Advanced | 5:00-7:00pm 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 | 5:00-7:00pm swim | | |
| Senior Prep | | 5:00-5:20pm dryland 5:30-7:00pm swim | 4:00-5:30pm swim | 5:00-7:00pm swim | 4:00-5:00pm swim 5:10-5:30pm dryland | 8:30-10:30am swim | |
| Junior Elite | 5:00-5:20pm 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 | Spring AG Championship 5:30-7:00pm swim | Spring AG Championship 8:30-10:30am swim | Spring AG Championship |
| Junior + Advanced | 4:00-5:30pm swim 5:40-6:00pm dryland | 4:00-5:30pm swim | 4:00-5:30pm swim 5:40-6:00pm dryland | 4:00-5:30pm swim | Spring AG Championship 4:00-5:30pm swim | Spring AG Championship | Spring AG Championship |
| Senior Development | 4:00-5:00pm swim 5:00-5:30pm dryland | | 5:30-7:00pm swim | 4:00-5:00pm swim | 5:30-6:30pm swim 6:30-7:00pm dryland | 7:30-8:30am swim | |
| Junior Development | 4:00-5:00pm swim 5:00-5:30pm dryland | 4:00-5:00pm swim | 4:00-5:30pm swim | | 4:00-5:00pm swim 5:00-5:30pm dryland | 9:30-10:30am swim | |
| Junior Mini | 4:30-5:30pm swim | 4:30-5:30pm swim | 4:30-5:30pm swim | 4:30-5:30pm swim | | | |
| Pre Team | PT 1 6:30-7:15pm | PT 2 5:30-6:15pm | PT 1 6:30-7:15pm PT 2 5:30-6:15pm | PT 2 5:30-6:15pm | PT 1 6:30-7:15pm | | |
| Senior Pre Comp | SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm | | SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm | | SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm | | |
| Junior Pre Comp | JrPC 1 5:30-6:00pm | | JrPC 2 5:00-5:30pm | | JrPC 1 5:30-6:00pm | | |

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| | JrPC 3 7:0-7:30pm | JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm | JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm | JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm | JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm | | |
| Jr. Novice | JR Novice 1 4:00-4:30pm | JR Novice 2 5:30-6:00pm | JR Novice1 4:00-4:30pm JR Novice 2 5:30-6:00pm | JR Novice 2 5:30-6:00pm | JR Novice1 4:00-4:30pm | | |
| Sr. Novice | | SR Novice 4:00-4:30pm | SR Novice 4:45-5:15pm | SR Novice 4:00-4:30pm | | | |
| PT Novice | PT Novice 4:00-4:45pm | | PT Novice 4:00-4:45pm swim | | PT Novice 4:00-4:45pm | | |