

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 7	July 8	July 9	July 10	July 11	July 12	J 13
Senior Elite	7:30am dryland/meeting 8:00-10:00am swim	7:30-9:00am swim 9:10-10:00am dryland 5-6:30pm swim	8:00-10:00am swim EC Champs Practice	7:30-9:00am swim 9:10-10:00am dryland 5-6:30pm swim	EC Champs LCM @ CCAQ 7:30-9:30am swim 9:40-10:20am yoga	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Senior Senior Advanced	6:30-8:30am swim	6:30-8:00am swim 8:10-8:40am dryland	8:00-10:00am swim EC Champs Practice	6:30-8:00am swim 8:10-8:40am dryland	EC Champs LCM @ CCAQ 7:30-9:30am swim 9:40-10:20am yoga	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Senior Prep	6:30-8:00am swim	10:00-11:30am swim	6:30-8:00am swim 8:00-10:00am swim EC Champs Practice	10:00-11:30am swim	EC Champs LCM @ CCAQ 9:00-9:30am yoga 9:30-11:30am swim	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Junior Elite	8:00-8:20am dryland/meeting 8:30-10:00am swim	8:00-9:30am swim 9:40-10:00am dryland	8:00-10:00am swim EC Champs Practice	8:00-9:30am swim 9:40-10:00am dryland	EC Champs LCM @ CCAQ 7:30-9:30am swim 9:40-10:20am yoga	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Junior + Advanced	8:00-8:20am dryland 8:30-10:00am swim	8:00-9:30am swim	8:00-10:00am swim EC Champs Practice	8:00-9:30am swim	EC Champs LCM @ CCAQ 9:00-9:30am yoga 9:30-11:00am swim	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Senior Development	10:00-11:30am swim	9:00-9:20am dryland 9:30-10:30am swim	10:00-11:30am swim 8:00-10:00am swim EC Champs Practice	9:00-9:20am dryland 9:30-10:30am swim	EC Champs LCM @ CCAQ 9:40-10:20am yoga 10:30-11:30am swim	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Junior Development	10:00-11:30am swim	8:30-8:50am dryland 9:00-10:00am swim	10:00-11:30am swim 8:00-10:00am swim EC Champs Practice	8:30-8:50am dryland 9:00-10:00am swim	EC Champs LCM @ CCAQ 9:00-9:30am yoga 9:30-10:30am swim	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ

Junior Mini	5:00-6:00pm swim	5:00-6:00pm swim	8:00-10:00am swim EC Champs Practice 5:00-6:00pm swim 6:10-6:30pm dryland	5:00-6:00pm swim	EC Champs LCM @ CCAQ 5:00-6:00pm swim	EC Champs LCM @ CCAQ	EC Champs LCM @ CCAQ
Pre Team	PT 1 5:30-6:15pm PT 3 6:15-7:00pm	PT 2 6:00-6:45pm	5:30-7pm CANDY MEET	PT 2 6:00-6:45pm	PT 1 5:30-6:15pm PT 3 6:15-7:00pm		
Senior Pre Comp	SrPC 2 6:30-7:00pm		5:30-7pm CANDY MEET		SrPC 2 6:30-7:00pm		
Junior Pre Comp	JrPC 1 4:30-5:00pm JrPC 3 5:15-5:45pm	JrPC 2 5:30-6:00pm	5:30-7pm CANDY MEET	JrPC 2 5:30-6:00pm	JrPC 1 4:30-5:00pm JrPC 3 5:15-5:45pm		
Jr. Novice	JR Novice 1 4:30-5:00pm		5:30-7pm CANDY MEET		JR Novice1 4:30-5:00pm		
Sr. Novice		SR Novice 4:30-5:00pm	5:30-7pm CANDY MEET	SR Novice 4:30-5:00pm			
PT Novice	PT Novice 4:30-5:15pm		5:30-7pm CANDY MEET		PT Novice 4:30-5:15pm		