

2025-2026 MANTA TRAINING SCHEDULE TENTATIVE

GROUPS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELITE	AM	6:00 - 7:30 AM H2O	OFF	OFF	OFF	6:00 - 7:30 AM H2O	6:30 - 8:30 AM H2O
	PM	4:00 - 6:00 PM H2O	4:00 - 6:00 PM H2O	4:00 - 6:00 PM H2O	4:00 - 6:00 PM H2O	4:00 - 6:00 PM H2O	OFF
				6:45 - 7:45 PM Dryland		6:45 - 7:45 PM Dryland	
AGE GROUP ELITE	AM	6:00 - 7:30 AM H2O	OFF	OFF	OFF	6:00 - 7:30 AM H2O	6:00 - 7:30 AM H2O
	PM	4:30 - 6:00 PM H2O	4:30 - 6:00 PM H2O	4:30 - 6:00 PM H2O	4:00 - 5:00 PM H2O	OFF	OFF
			6:00-7:00 PM Dryland		5:00 - 6:00 PM Dryland		
DEVELOPMENT PURPLE	AM	OFF	OFF	6:00 - 7:30 AM H2O	6:00 - 7:30 AM H2O	OFF	OFF
	PM	5:00-5:30 Dryland		OFF	OFF	4:30 - 6:00 PM H2O	OFF
		5:30 - 7:00 PM H2O				6:00-6:45 PM Dryland	
DEVELOPMENT BLACK	AM	OFF	OFF	OFF	OFF	OFF	7:00 - 8:30 AM H2O
	PM		5:30 - 7:00 PM H2O		5:00 - 6:00 PM H2O	5:30-6:00 PM Dryland	OFF
					6:00-6:30 PM Dryland	6:00 - 7:00 PM H2O	
PROSPECTS PURPLE	AM	OFF	OFF	OFF	OFF	OFF	OFF
	PM	6:00 - 7:00 PM H2O	6:00 - 7:00 PM H2O	5:15-6:00 PM Dryland		5:00 - 6:00 PM H2O	
				6:00 - 7:00 PM H2O			
PROSPECTS BLACK	AM	OFF	OFF	OFF	OFF	OFF	9:30-10:00 AM Dryland
	PM	OFF	5:00 - 6:00 PM H2O	5:00 - 6:00 PM H2O	OFF	6:00 - 7:00 PM H2O	10:00 - 11:00 AM H2O
PROSPECTS ELMWOOD	AM	OFF	OFF	OFF	OFF	OFF	9:30-10:00 AM Dryland
	PM	6:00-7:00 PM H2O	OFF	6:00-7:00 PM H2O	OFF	6:00-7:00 PM H2O	10:00 - 11:00 AM H2O