

May/June Swim Schedule					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
Group 1		5:15 - 6:15	5:15 - 6:15	5:15 - 6:15	
Group 2A	5:15 - 6:30	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	5:15 - 6:30
Group 2B	5:15 - 6:30	5:15 - 6:15	5:15 - 6:15	5:15 - 6:15	5:15 - 6:30
Group 3A	6:15 - 8:00	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	6:15 - 8:00
Group 3B	6:15 - 8:00	6:45 - 8:15	6:45 - 8:15	6:45 - 8:15	6:15 - 8:00
Group 4	7:30 - 9:30	7:15 - 9:30	7:15 - 9:30	7:15 - 9:30	7:30 - 9:30

All sessions will begin with 15 minutes of dryland training that will be conducted on the pool deck
Monday's and Friday's Group 4 will have half hour dryland training