

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tier 1			5:15 Activation 5:30-7:30 Swim	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	Kal Tire Dryland 5:30-7:30AM	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off
	PM	4:45 Activation 5:00-7:00 Swim		4:45 Activation 5:00-7:00 Swim		4:45 Activation 5:00-7:00 Swim		

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tier 1A			5:15 Activation 5:30-7:30 Swim		Kal Tire Dryland 5:30-7:30AM	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off
	PM	4:45 Activation 5:00-7:00 Swim		4:45 Activation 5:00-6:00 Swim		4:45 Activation 5:00-7:00 Swim		

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tier 2	AM		5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland		Kal Tire Dryland 5:30-7:30AM	5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland	6:15 Activation 6:30-8:30 Swim 8:45-9:30 Dryland	Off
	PM		5:30 Activation 5:45-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:30 Activation 5:45-7:00 Swim	5:45 Activation 6:00-7:00 Swim		

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tier 3			5:15 Activation 5:30-6:30 Swim 6:45-7:30 Dryland				7:00 Activation 7:15-8:30 Swim Dryland Options	Off
	PM	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim	4:45 Activation 5:00-6:00 Swim		

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tier 4							8:15 Activation 8:30-9:30 Swim	Off
	PM	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim	5:45 Activation 6:00-7:00 Swim			

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
T6 <i>Mon/Wed/Sat or Tues/Thurs/Sat</i>	AM	TIER 6 M/W or T/R (+ SAT)					BOTH TIER 6 GROUPS 8:15AM activation 8:30-9:30AM SWIM	Off
	PM	5:45 Activation M/W 6:00-7:00	5:45 Activation T/T 6:00-7:00	5:45 Activation M/W 6:00-7:00	5:45 Activation T/T 6:00-7:00			

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRASSROOTS			Tuesday PM and Thursday PM		Friday PM			Off
GR1 (45min)	A		4:45 Activation	A	4:45 Activation			
			5:00-5:30		5:00-5:30			
	B		5:15 Activation	B	5:15 Activation			
			5:30-6:00		5:30-6:00			
GR2 (1hour)			4:45 Activation		4:45 Activation			
			5:00-5:45		5:00-5:45			
GR3 (1hr 15min)			4:45 Activation		4:45 Activation	5:45 Activation		
			5:00-6:00		5:00-6:00	6:00-7:00		
						1x per month		