

SENIOR PERFORMANCE - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim PM: 1600-1800 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0800 Swim AOP	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim PM: 1600-1800 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	Cancelled Due to Swim meet	AM: 0600-0800 Swim AOP	
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim PM: 1600-1800 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0800 Swim AOP	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim PM: 1600-1800 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0800 Swim AOP	

NOTES

- Impact at TPASC Nov. 14-16

SENIOR - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0800 Swim AOP	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	Cancelled Due to Swim meet	AM: 0600-0800 Swim AOP	
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0800 Swim AOP	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	PM: 1600-1730 Swim 1740-1840 S&C TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0700 S&C PM: 1600-1800 Swim TPASC	AM: 0515-0700 Swim TPASC	AM: 0600-0800 Swim AOP	

NOTES

- Impact at TPASC Nov. 14-16

SENIOR/JUNIOR LITE - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	AM: 0530-0700 Swim AOP		
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	AM: 0530-0700 Swim AOP		
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	AM: 0530-0700 Swim AOP		
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim AOP	AM: 0530-0700 Swim AOP	AM: 0530-0700 Swim AOP		

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JUNIOR PERFORMANCE - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
	AM: 0515-0700 Swim PM: 1730-1900 Swim TPASC	PM: 1600-1800 Swim 1805-1905 S&C TPASC	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0610-0710 S&C 0715-0900 Swim TPASC	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
AM: 0515-0700 Swim TPASC	AM: 0515-0700 Swim PM: 1730-1900 Swim TPASC	PM: 1600-1800 Swim 1805-1905 S&C TPASC	AM: 0515-0700 Swim TPASC	Cancelled Due to Swim meet	AM: 0610-0710 S&C TPASC Swim Cancelled due to Swim Meet	
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
AM: 0515-0700 Swim PM: 1600-1730 Swim TPASC	AM: 0515-0700 Swim PM: 1730-1900 Swim TPASC	PM: 1600-1800 Swim 1805-1905 S&C TPASC	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0610-0710 S&C 0715-0900 Swim TPASC	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
AM: 0515-0700 Swim TPASC	AM: 0515-0700 Swim PM: 1730-1900 Swim TPASC	PM: 1600-1800 Swim 1805-1905 S&C TPASC	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0610-0710 S&C 0715-0900 Swim TPASC	

NOTES

- Impact at TPASC Nov. 14-16

JUNIOR - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
PM: 1600-1730 Swim AOP	AM: 0515-0610 Swim 0615-0715 S&C TPASC	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0715-0900 Swim TPASC	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
PM: 1600-1730 Swim AOP	AM: 0515-0610 Swim 0615-0715 S&C TPASC	AM: 0515-0700 Swim TPASC	AM: 0515-0700 Swim AOP PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim AOP	Cancelled Due to Swim meet	
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
PM: 1600-1730 Swim AOP	AM: 0515-0610 Swim 0615-0715 S&C TPASC	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0715-0900 Swim TPASC	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
PM: 1600-1730 Swim AOP	AM: 0515-0610 Swim 0615-0715 S&C TPASC	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0715-0900 Swim TPASC	

NOTES

- Impact at TPASC Nov. 14-16

YOUTH PERFORMANCE - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0715 Swim 0730-0830 S&C TPASC	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	Cancelled Due to Swim meet PM: 1600-1700 Swim AOP	Cancelled Due to Swim meet	AM: 0600-0730 Swim AOP
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0715 Swim 0730-0830 S&C TPASC	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
AM: 0530-0700 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0715 Swim 0730-0830 S&C TPASC	

NOTES	- Impact at TPASC Nov. 14-16
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YOUTH - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9
AM: 5:30-7:00 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim TPASC	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
AM: 5:30-7:00 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	Cancelled Due to Swim meet PM: 1600-1700 Swim AOP	Cancelled Due to Swim meet	AM: 0600-0730 Swim AOP
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
AM: 5:30-7:00 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim TPASC	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
AM: 5:30-7:00 Swim AOP	PM: 1600-1730 Swim TPASC	AM: 0530-0700 Swim AOP	AM: 0515-0700 Swim TPASC	PM: 1600-1800 Swim TPASC	AM: 0530-0700 Swim TPASC	

NOTES

- Impact at TPASC Nov. 14-16

YOUTH DEVELOPMENT PLUS - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 8	Nov 09
	PM: 1600-1800 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1800 Swim AOP		AM: 0530-0700 Swim TPASC	AM: 0600-0730 Swim AOP
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
	PM: 1600-1800 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1800 Swim AOP		Cancelled Due to Swim meet	AM: 0600-0730 Swim AOP
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
	PM: 1600-1800 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1800 Swim AOP		AM: 0530-0700 Swim TPASC	AM: 0600-0730 Swim AOP
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
	PM: 1600-1800 Swim AOP	AM: 0530-0700 Swim AOP	PM: 1600-1800 Swim AOP		AM: 0530-0700 Swim TPASC	AM: 0600-0730 Swim AOP

NOTES

- Impact at TPASC Nov. 14-16

YOUTH DEVELOPMENT - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
	PM: 1600-1800 Swim AOP	PM: 1600-1730 Swim AOP	PM: 1600-1800 Swim AOP			AM: 0600-0730 Swim AOP
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
	PM: 1600-1800 Swim AOP	PM: 1600-1730 Swim AOP	PM: 1600-1800 Swim AOP			AM: 0600-0730 Swim AOP
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
	PM: 1600-1800 Swim AOP	PM: 1600-1730 Swim AOP	PM: 1600-1800 Swim AOP			AM: 0600-0730 Swim AOP
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
	PM: 1600-1800 Swim AOP	PM: 1600-1730 Swim AOP	PM: 1600-1800 Swim AOP			AM: 0600-0730 Swim AOP

NOTES

DEVELOPMENT+ - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
	PM: 1700-1800 Swim AOP		PM: 1700-1800 Swim AOP	PM: 1800-1900 Swim AOP		AM: 0730-0900 Swim AOP
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
	PM: 1700-1800 Swim AOP		PM: 1700-1800 Swim AOP	PM: 1800-1900 Swim AOP		AM: 0730-0900 Swim AOP
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
	PM: 1700-1800 Swim AOP		PM: 1700-1800 Swim AOP	PM: 1800-1900 Swim AOP		AM: 0730-0900 Swim AOP
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
	PM: 1700-1800 Swim AOP		PM: 1700-1800 Swim AOP	PM: 1800-1900 Swim AOP		AM: 0730-0900 Swim AOP

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DEVELOPMENT - NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
	PM: 1600-1700 Swim AOP		PM: 1600-1700 Swim AOP	PM: 1700-1800 Swim AOP	AM: 0800-0900 Swim AOP	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
	PM: 1600-1700 Swim AOP		PM: 1600-1700 Swim AOP	PM: 1700-1800 Swim AOP	AM: 0800-0900 Swim AOP	
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
	PM: 1600-1700 Swim AOP		PM: 1600-1700 Swim AOP	PM: 1700-1800 Swim AOP	AM: 0800-0900 Swim AOP	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
	PM: 1600-1700 Swim AOP		PM: 1600-1700 Swim AOP	PM: 1700-1800 Swim AOP	AM: 0800-0900 Swim AOP	

NOTES