

December 23 - January 4

GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES
Senior III <i>Chris</i>	OFF	OFF	OFF	<u>6:30-7:30AM</u> <i>NHP</i>	<u>6:30-7:30AM</u> <i>NHP</i>	<u>5:30-6:30AM</u> <i>SCAC - D</i>	1 Hour Swim Thurs, Fri, Sat Only
Senior II <i>Trevor</i>	OFF	OFF	OFF	5:00-6:00PM NHP	5:00-6:00PM NHP	<u>7:30-8:30AM</u> <i>SCAC - D</i>	1 Hour Swim Thurs, Fri, Sat Only PaseoFIT: Athletes must attend 5+ Swim Sessions, Sat Req
Senior I <i>Trevor</i>	OFF	OFF	OFF	4:00-5:00PM NHP	4:00-5:00PM NHP	<u>7:30-8:30AM</u> <i>SCAC - D</i>	1 Hour Swim Thurs, Fri, Sat Only
SwimFIT HS <i>Allison/Marco</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess
Champs III <i>Konrad</i>	OFF	OFF	OFF	7:00-8:00PM NHP	6:00-8:00PM NHP	<u>6:30-7:30AM</u> <i>SCAC - D</i>	1 Hour Swim Thurs, Fri, Sat Only
Challenge III <i>Konrad</i>	OFF	OFF	OFF	6:00-7:00PM NHP	6:00-8:00PM NHP	<u>6:30-7:30AM</u> <i>SCAC - D</i>	1 Hour Swim Thurs, Fri, Sat Only
SwimFit MS <i>Allison/Marco</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess
Champs II <i>Eric</i>	OFF	OFF	OFF	4:00-5:00PM NHP	4:00-5:00PM NHP	<u>8:30-9:30AM</u> <i>SCAC - D</i>	1 Hour Swim Thurs, Fri, Sat Only
Challenge II <i>Marco/Allison</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess
Discovery II <i>Allison/Marco</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess
Champs I <i>Marco/Allison</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess
Challenge I <i>Marco/Allison</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess
Discovery I <i>Allison/Marco</i>	OFF	OFF	OFF	OFF	OFF		Winter Recess

SCAC - Santa Clarita Aquatic Center, CAS - Castaic Aquatic Complex,
 TPC - The Paseo Club, NHP - Newhall Pool
 SCP - Santa Clarita Pool, NOP - North Oaks Pool
 VGP - Valencia Glen Pool, VMP - Valencia Meadows Pool

Morning Practice Hours Are Bolded,
Underlined and Italicized