

SFST Summer 2024 Schedule (Start Date TBD)

Blue Groups Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Blue 3: 7-9am @ Frank	Blue 3: 7-9am @ Frank	Blue 3: 7-9am @ Frank	Blue 3: 7-9am @ Frank	Blue 3: 7:00-8:30am @ Midco
Blue 2: 7-8:45am @ Frank	Blue 2: 7-8:45am @ Frank	Blue 2: 7-8:45am @ Frank	Blue 2: 7-8:45am @ Frank	Blue 2: 7:00-8:30am @ Midco
Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-9:45am @ Midco
	Blue 1, 2, & 3: 5:30-7:00pm @ Midco		Blue 1, 2, & 3: 5:30-7:00pm @ Midco	

White 2/White 3 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
White 3: 8:30-10:00am @ Frank	White 3: 8:30-10:00am @ Frank	White 3: 8:30-10:00am @ Frank	White 3: 8:30-10:00am @ Frank	White 3: 8:30-9:45am @ Midco
White 2: 8:30-10:00am @ Frank	White 2: 8:30-10:00am @ Frank	White 2: 8:30-10:00am @ Frank	White 2: 8:30-10:00am @ Frank	White 2: 8:30-9:45am @ Midco
	White 2 & 3: 5:30-7:00pm @ Midco		White 2 & 3: 5:30-7:00pm @ Midco	

White 2 & 3 are NOT supposed to swim twice a day, it's either morning or evening

Red Groups, PreCompetitive, & White 1 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		Red 2 - 7:30-8:30am @ Kuehn		Red 2 - 7:30-8:30am @ Kuehn
		White 1 - 7:30-8:30am @ Kuehn		White 1 - 7:30-8:30am @ Kuehn
Red 3: 8:45-10:00am @ Frank	Red 2: 7:30-8:30am @ Kuehn	Red 1a & 1b - 8:30-9:15am @ Kuehn	Red 2: 7:30-8:30am @ Kuehn	Red 3: 8:45-9:45am @ Midco
	Red 3: 8:45-10:00am @ Frank	Red 3: 8:45-10:00am @ Frank	Red 3: 8:45-10:00am @ Frank	
	Red 1a: 8:30-9:15am @ Kuehn		Red 1a: 8:30-9:15am @ Kuehn	
	PreCompetitive- 5:00-6:00pm @ EmBe		PreCompetitive- 5:00-6:00pm @ EmBe	
	Red 1b - 6:00-6:45pm @ EmBe		Red 1b - 6:00-6:45pm @ EmBe	
	White 1 - 6:45-7:45pm @ EmBe		White 1 - 6:45-7:45pm @ EmBe	