

March 16, 2026 – May 23, 2026

Advanced, INTMD2, INTMD1, Gold

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced a.m.	5:30 – 7:15		5:30 – 7:15		5:30 – 7:15	7:30 – 10:00
p.m.	3:00 – 5:00	3:00 – 5:00	TBD	3:00 – 5:00	3:00 – 5:00	
INTMD 2 a.m.	5:30 – 7:15		5:30 – 7:15		5:30 – 7:15	7:30 – 10:00
p.m.	3:00 – 5:00	3:00 – 5:00		3:00 – 5:00	3:00 – 5:00	
INTMD 1 p.m.	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	6:00 – 7:15 AM	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	7:30 – 10:00
Gold p.m.	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW		5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	8:00-10:00

Silver, Bronze, Pre-team (all P.M.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	4:45 – 5:00 DL 5:00 – 6:00 SW	4:45 – 5:00 DL 5:00 – 6:00 SW		4:45 – 5:00 DL 5:00 – 6:00 SW	4:45 – 5:00 DL 5:00 – 6:00 SW	10:00-11:00
Bronze	5:00 – 5:15 DL 5:15 – 6:00 SW	5:00 – 5:15 DL 5:15 – 6:00 SW		5:00 – 5:15 DL 5:15 – 6:00 SW	5:00 – 5:15 DL 5:15 – 6:00 SW	10:00-11:00
Pre-Team 1	4:30 – 5:15			4:30 – 5:15		11:00 – 11:45
Pre-Team 2	5:15 – 6:00			5:15 – 6:00		11:00 – 11:45
Pre-Team 3		4:30 – 5:15			4:30 – 5:15	11:00 – 11:45

Conditioning groups, Masters Swimming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
School Conditioning	3:00 – 4:30	3:00 – 4:30		3:00 – 4:30		