

May 28 – July 29, 2024
 2024-2025 schedule resumes August 12, 2024

Advanced, INTMD2, INTMD1, Gold

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced a.m.	6:15 – 6:45 DL 6:15- 8:30	6:15- 8:30	6:15 – 6:45 DL 6:15- 8:30	6:15- 8:30	6:15 – 6:45 DL 6:15- 8:30	7:30-10:00
p.m.	TBD	TBD		TBD	TBD	
INTMD 2 a.m.	6:15 – 6:45 DL 6:15- 8:30	6:15- 8:30	6:15 – 6:45 DL 6:15- 8:30	6:15- 8:30	6:15 – 6:45 DL 6:15- 8:30	7:30-10:00
p.m.	TBD	TBD		TBD	TBD	
INTMD 1 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
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	8:30-10:00
Gold AM*	8:30 – 8:45 DL 8:45 – 9:45 SW		8:30 – 8:45 DL 8:45 – 9:45 SW		8:30 – 8:45 DL 8:45 – 9:45 SW	8:30-10:00

*Choose one time slot for the summer

Maclay Varsity, Masters

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MS/HS Conditioning a.m.	7:00 – 8:30		7:00 – 8:30		7:00 – 8:30	
U.S. Masters		12:15 – 1:15		12:15 – 1:15		

Silver, Bronze, Pre-team

Evening

	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
Silver AM*	8:30 – 8:45 DL 8:45 – 9:45 SW		8:30 – 8:45 DL 8:45 – 9:45 SW		8:30 – 8:45 DL 8:45 – 9:45 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-Teams*	3:30 – 4:15	3:30 – 4:15		3:30 – 4:15	3:30 – 4:15	11:00 – 11:45
Pre-Teams*	4:15 – 5:00	4:15 – 5:00		4:15 – 5:00	4:15 – 5:00	11:00 – 11:45
Pre-Teams*	5:00 – 5:45	5:00 – 5:45		5:00 – 5:45	5:00 – 5:45	11:00 – 11:45

*Choose one time slot for the summer