

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 6:00 -7:15 a.m. 6:00 – 7:30 a.m.	Masters- Diving Well CRWC JR2:P/SR2:P/SR:3 N - TBD SR:3 N - Lifting @ FH 6:00am - 7:15am	Masters- CRWC JR2:P/SR1/SR2:P/SR:3 N - CRWC	SR:3 N - Lifting @ FH 6:00am - 7:15am	Masters- CRWC JR2:P/SR1/SR2:P/SR:3 N - CRWC	Masters- Diving Well CRWC JR2:P/SR2:P/SR:3 N- TBD	SR:3 N - Lifting @ FH 8:15am - 9:30am 10:00 – 11:30 a.m.: AG1, AG2, JR1 - CRWC 10:00 – Noon:, SR1, JR2:P
CRWC- Afternoon South Comp. Pool	JR2:P/SR2:P/SR:3 N 4:45 – 6:15 p.m. JR1/ SR1 6:15 – 7:30 p.m. Masters- Paper Practice- 6:15 – 7:30 p.m.	JR2:P/SR2:P/SR:3 N 4:45 – 6:15 p.m. AG2- 6:15 – 7:30 p.m.	JR2:P/SR2:P/SR:3 N 4:45 – 6:15 p.m. JR1/ SR1 6:15 – 7:30 p.m. Masters- Paper Practice- 6:15 – 7:30 p.m.	JR2:P /SR2:P/SR:3 N 4:45 – 6:15 p.m. AG2- 6:15 – 7:30 p.m.	SR1/JR2:P/SR2:P/ SR:3 - 4:45 – 6:15 p.m. Dev: Starts & Turns- 6:15 - 7:00pm Para/Adaptive 6:15 – 7:00 p.m.	SR2:P SR:3 N - CRWC 11:30 a.m. – noon: Masters - CRWC
CRWC- Afternoon North Comp. Pool	AG2– 4:45 – 6:15 p.m. DEV- 6:15 – 7:15 p.m.	AG1 – 5:00 – 6:15 p.m. JR1 / SR1– 6:15 – 7:30 p.m. DEV- 6:15 – 7:15p.m.	AG1– 4:45 – 6:00 p.m. AG2– 6:15 p.m. – 7:30 p.m. DEV- 6:15 –7:15p.m.	AG1 – 5:00 – 6:15 p.m. JR1 / SR1 – 6:15 – 7:30 p.m DEV- 6:15 – 7:15 p.m.	AG1 & AG2- 4:45 - 6:15 p.m.	

