

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Practice 6:00-7:15a.m. 6:00-7:30a.m.	Masters- Diving Well CRWC SR:3 N - Lifting @ FH 6:00am - 7:15am	Masters - Comp Pool CRWC JR2:P/SR1/SR2:P/SR:3 N	SR:3N - Lifting @FH 6:00am - 7:15am JR2:P/SR1/SR2:P/SR:3 N	Masters - Comp Pool CRWC JR2:P/SR1/SR2:P/SR:3 N	Masters- Diving Well CRWC	SR:3N - Lifting @ FH 8:15 - 9:15 a.m. AG1, AG2, JR1 10:00 - 11:30a.m. JR2:P,SR1,SR2:P,SR:3N 10:00-Noon Masters - CRWC 11:30 a.m. – noon:
CRWC Afternoon South Comp. Pool	JR2:P/SR1/SR2:P/SR:3N 4:45 – 6:45p.m. Masters- Paper Practice - lap swim lanes 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.	JR2:P/SR2:P/SR:3 N 4:45 – 6:15 p.m. JR1/ SR1 6:15 – 7:30 p.m. Masters- Paper Practice- lap swim lanes 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.	JR2:P/SR1/SR2:P/SR:3 - 4:45 – 6:45 p.m. Para/Adaptive 6:45 – 7:45 p.m.	
Bulkhead	Dev. 1 5:30 - 6:15pm	SR2:P/ SR:3N	Dev. 1 5:30 - 6:15pm	SR2:P/ SR:3N	Dev. 1 5:30 - 6:15pm	
CRWC Afternoon North Comp. Pool-	AG2 4:45 - 6:15 p.m. JR1 6:15 p.m. – 7:30 p.m. DEV 2 6:15 –7:15 p.m.	AG1– 5:00 – 6:15 p.m. AG2– 6:15 p.m. – 7:30 p.m. DEV 2 6:15 –7:15 p.m.	AG1– 5:00 – 6:15 p.m. AG2– 6:15 p.m. – 7:30 p.m. DEV 2 6:15 –7:15 p.m.	AG1– 5:00 – 6:15 p.m. AG2– 6:15 p.m. – 7:30 p.m. DEV 2 6:15 –7:15 p.m.	AG1 / AG2 5:00 - 6:15 p.m.	

