



Summer Long Course Training Schedule

(Begins Monday, June 17)

Whitworth Training Groups

Ripples:

- Tuesday and Thursday @ Witter 9:15-10:00am
- Monday through Thursday @ Whitworth 5:30-6:00pm
- Friday @ Whitworth 5:30-6:15pm

Wave Riders:

- Tuesday and Thursday @ Witter 9:15-10:00am
- Monday through Thursday @ Whitworth 6:00-6:45pm
- Friday @ Whitworth 5:30-6:15pm

Bronze:

- Tuesday and Thursday @ Witter 8-9:15am
- Monday through Friday @ Whitworth 6:45-7:45pm

Silver:

- Tuesday, Thursday, Saturday @ Witter 8-10am
- Monday, Wednesday 7:00-8:15pm / Friday 5:30-6:30pm @ Whitworth

Gold:

- Monday through Friday @ Witter 8-10am
- Monday, Wednesday, Friday @ Whitworth 5:30-7:00pm

Platinum/Senior/National:

- Monday, Wednesday, Friday @ Witter 8-10am
- Monday through Thursday @ Whitworth 5:30-8:15pm
- Saturday @ Whitworth 6-9a

EWU Summer Training Schedule

(Begins Monday, June 17)

Ripples:

Monday, Wednesday, Friday @ Witter 9:15-10:00am

Tuesday, Thursday @ EWU 4:15-5:00pm

Bronze:

Monday, Wednesday, Friday @ Witter 9:15-10:00am

Tuesday, Thursday @ EWU 4:15-5:00pm

Silver:

Monday, Wednesday, Friday @ Witter 8:00-9:15am

Tuesday, Thursday @ EWU 5:00-6:00pm

Gold:

Monday through Saturday @ Witter 8:00-10:00am

Senior:

Monday through Saturday @ Witter 8:00-10:00am