

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors Swim AM	5:00-7:00 AM		5:00-7:00 AM		5:00-7:00 AM	7:00-9:00 AM
Seniors Weights/Dryland	4:30-5:30 PM			4:45-5:45 PM	4-5 PM	6:30-7:00 AM
Seniors Swim PM	5:30-7:30 PM	4-6 Beach	5:30-7:30 PM	5:45-7:30 PM	5-6:30 PM	
Gold Dryland				5:15-5:45 PM		6:30-7:00 AM
Gold Swim	4:00-5:00 PM	4-6 Beach	4:00-5:00 PM	5:45-7:30 PM	3:30-5:00 PM	7:00-9:00 AM
Silver	5:00-6:00 PM		5:00-6:00 PM		5:00-6:00 PM	9:00-10:00 AM
Bronze		5:15-6:00 PM		5:15-6:00 PM		9:00-10:00 AM
Pup's		4:30-5:10 PM		4:30-5:10 PM		
Swimfit		6:00-7:00 AM		6:00-7:00 AM		
Masters AM			5:45-6:45 AM		5:45-6:45 AM	
Masters PM		6:00-6:45 PM				