



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Developmental (Dev)	5-6 or 6-7pm	Off	6-7pm	5-6pm	6:30-7:30pm	12:30-1:30pm	11am-12pm
	Fraim		Fraim	Pilot	Fraim	Pilot	Fraim
	Mechanics		Mechanics	Training	Training	Training	Training
Age Group (AG)	5-6 or 6-7pm	Off	5-6pm	6-7:30pm	5-6:30pm	11am-12:30pm	11am-12:30pm
	Fraim		Fraim	Pilot	Fraim	Pilot	Fraim
	Mechanics		Mechanics	Training	Training	Training	Training
Junior Elite * (JE)	7-8pm	6-7:30pm	5-6pm/6-7pm	6-7:30pm	Off	11am-12:30pm (9-11 ONLY)	Off
	Fraim	Claymont	Claymont	Claymont		Pilot	
	Mechanics	Training	Training/Dryland	Training		Training	
						9-11am (12-13 ONLY)	
						Pilot	
						Training	
High School Prep (HSP) *	6-7:30pm	Off	6-7:30pm	Off	6-7:30pm	Off	Off
	Claymont		Claymont		Claymont		
Senior *	6-7:30pm	6-7:30pm	6-7:30pm	Off	6-7:30pm	9-11am	Off
	Claymont	Claymont	Claymont		Claymont	Pilot	
Elite AM *	Off	5:30-7am	Off	5:30-7am	Off	7-10am	Off
		Pilot		Pilot		Claymont	
Elite PM *	4-6pm	4-6pm	4-5pm/5-6pm	4-6pm	4-6pm	Off	Off
	Claymont	Claymont	Claymont (Mechanics/Dryland)	Claymont	Claymont		
*	All Claymont practices will be held at Westminster Swim Club (heated outdoor pool) in September						