

Week of January 5, 2026								
Atlantis Swimming	Group	Monday 1/5	Tuesday 1/6	Wednesday 1/7	Thursday 1/8	Friday 1/9	Saturday 1/10	Sunday 1/11
	Gold	6:00-8:00pm	6:15-8:15pm	6:00-8:00pm	OFF	6:00-7:30pm	9:15-11:15am	OFF
	Silver A	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF	11:15-12:45pm	
	Silver B					6:00-7:15pm	11:15-12:30pm	
	Bronze A	6:00-7:00pm	OFF	6:00-7:00pm		6:00-7:00pm	11:15-12:15pm	
	Bronze B	7:00-8:00pm		7:00-8:00pm				
	Speedster A	5:45-6:30pm		5:45-6:30pm				
	Speedster B	6:35-7:20pm		6:35-7:20pm				
	Lessons/ Evaluations	6:30-9:00pm	3:30-5:00pm	OFF	3:30-6:30pm	OFF	9:30-12:30am 1:30-4:30pm	OFF
Covington								
Cranbrook Swim Club								
Groves								
Berkshire								
Seaholm								
Tweak							Lessons/Evaluations	

Week of January 5, 2026								
Atlantis Swimming Senior & Masters	Group	Monday 1/5	Tuesday 1/6	Wednesday 1/7	Thursday 1/8	Friday 1/9	Saturday 1/10	Sunday 1/11
	Masters	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am	OFF	OFF
	Senior	5:30-7:00am	5:30-7:00am	OFF	OFF	5:30-7:00am	9:15-11:15am	OFF
		6:15-8:15pm	6:15-8:15pm	6:15-8:15pm	OFF	OFF	OFF	OFF
Cranbrook Swim								
Groves								