

Week of December 1, 2025								
Atlantis Swimming	Group	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5	Saturday 12/6	Sunday 12/7
	Gold	6:00-8:00pm	6:15-8:15pm	6:00-8:00pm	OFF	6:00-7:30pm	GPG FAST & FURIOUS	
	Silver A	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm		OFF		
	Silver B							
	Bronze A	OFF	6:00-7:00pm	6:00-7:15pm				
	Bronze B		7:00-8:00pm					
	Speedster A		5:45-6:30pm	6:00-7:00pm				
	Speedster B		6:35-7:20pm					
	Lessons/ Evaluations	6:30-9:00pm	3:30-5:00pm	6:30-9:00pm		3:30-6:30pm		
	Covington							
Cranbrook Swim Club								
Groves								
Berkshire								
Seaholm								
Tweak	Lessons/Evaluations							

Week of December 1, 2025								
Atlantis Swimming Senior & Masters	Group	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5	Saturday 12/6	Sunday 12/7
	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	GPG FAST & FURIOUS	
		6:15-8:15pm	6:15-8:15pm	6:15-8:15pm	OFF	OFF		
Cranbrook Swim								
Groves								