

Week of December 15, 2025								
Atlantis Swimming	Group	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19	Saturday 12/20	Sunday 12/21
	Gold	6:00-8:00pm	6:15-8:15pm	CANDY CANE RELAYS 6:45-8:00pm	OFF	6:00-7:30pm	11:00-1:00pm	2:00-4:00pm
	Silver A	6:15-7:45pm	6:15-7:45pm			OFF	11:00-12:30pm	2:00-3:30pm
	Silver B							
	Bronze A	6:00-7:00pm	OFF			6:00-7:15pm	11:15-12:30pm	10 & Under Clinic 3:30-4:00pm
	Bronze B	7:00-8:00pm				6:00-7:00pm	11:15-12:15pm	
	Speedster A	5:45-6:30pm						
	Speedster B	6:35-7:20pm						
	Lessons/ Evaluations	6:30-9:00pm	3:30-5:00pm			6:30-9:00pm	3:30-6:30pm	OFF
Covington								
Groves								
Berkshire								
Seaholm								
Tweak	Lessons/Evaluations							

Week of December 15, 2025								
Atlantis Swimming Senior & Masters	Group	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19	Saturday 12/20	Sunday 12/21
	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	3:30-5:30pm
Cranbrook Swim								
Groves								