

Week of February 23, 2026									
Atlantis Swimming	Group	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27	Saturday 2/28	Sunday 3/1	
	Gold	6:00-8:00pm	6:15-8:15pm	6:00-7:30pm + Pizza Party	OFF	6:00-7:30pm	Junior Cup or w/ Senior	Junior Cup or w/ Senior	
	Silver A	6:15-7:45pm	6:15-7:45pm	6:00-7:15pm + Pizza Party		OFF	Junior Cup	Junior Cup	
	Silver B								
	Bronze A	6:00-7:00pm	OFF	6:00-7:00pm		6:00-7:15pm	Junior Cup	10 & Under Clinic 3:30-4:00pm	
	Bronze B	7:00-8:00pm		7:00-8:00pm					
	Speedster A	5:45-6:30pm		5:45-6:30pm		6:00-7:00pm	11:15-12:15pm		
	Speedster B	6:35-7:20pm		6:35-7:20pm					
	Lessons/ Evaluations	6:30-9:00pm	OFF	OFF		3:30-6:30pm	OFF	9:30-12:30am 1:30-4:30pm	OFF
Covington									
Groves									
Seaholm									
Tweak	Lessons/Evaluations								

Week of February 23, 2026								
Atlantis Swimming Senior & Masters	Group	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27	Saturday 2/28	Sunday 3/1
	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	6:00-8:00pm	OFF	OFF	OFF	3:30-5:30pm
Seaholm								
Groves								