

Week of March 16, 2026									
Atlantis Swimming	Group	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20	Saturday 3/21	Sunday 3/22	
	Gold	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	OFF	5:30-7:00am	9:15-11:15am	OFF	
	Silver A	7:00-8:15pm	6:30-8:00pm	7:00-8:15pm		OFF	11:15-12:45pm	OFF	
	Silver B								
	Bronze A	6:00-7:00pm	OFF	6:00-7:00pm		6:00-7:15pm	11:15-12:30pm	10 & Under Clinic 3:00-3:30pm	
	Bronze B	5:15-6:00pm		5:15-6:00pm		5:00-6:00pm	11:15-12:15pm		
	Speedster A	6:30-9:00pm	OFF	OFF	3:30-6:30pm	OFF	9:30-12:30am 1:30-4:30pm	OFF	
	Speedster B								
	Lessons/ Evaluations								
Covington									
Groves									
Seaholm									
Tweak					Lessons/Evaluations				

Week of March 16, 2026									
Atlantis Swimming Senior & Masters	Group	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20	Saturday 3/21	Sunday 3/22	
	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	
		7:00-8:30pm	6:30-8:30pm	7:00-8:30pm	OFF	OFF	OFF	3:00-5:00pm	
Northhills Middle									
Groves									