

Week of March 2, 2026								
Atlantis Swimming	Group	Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6	Saturday 3/7	Sunday 3/8
	Gold	6:45-8:30pm	7:00-8:30pm	6:30-8:30pm	OFF	5:30-7:00am	11:15-12:45pm	3:00-4:30pm
	Silver A	5:30-6:45pm	5:45-7:00pm	OFF	5:45-7:00pm	OFF	11:15-12:45pm	3:00-4:30pm
	Silver B							
	Bronze A	OFF	4:45-5:45pm	OFF	4:45-5:45pm	6:00-7:15pm	11:15-12:30pm	OFF
	Bronze B							
	Speedster A	4:45-5:30pm	OFF	OFF	OFF	5:00-6:00pm	11:15-12:15pm	
	Speedster B							
	Lessons/ Evaluations	6:30-9:00pm	OFF	OFF	3:30-6:30pm	OFF	9:30-12:30am 1:30-4:30pm	OFF
Covington								
Groves								
Tweak	Lessons/Evaluations							

Week of March 2, 2026								
Atlantis Swimming Senior & Masters	Group	Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6	Saturday 3/7	Sunday 3/8
	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	Senior Cup	OFF
			6:30-8:30pm	6:30-8:30pm	OFF	OFF	OFF	Senior Cup
Northhills Middle								
Royal Oak								
Groves								