

| 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 | | | | | | | | | |