

| Week of March 30, 2026 | | | | | | | | |
|------------------------|-------------------------|-----------------------|-----------------|------------------|-----------------|---------------|-----------------|---------------|
| Atlantis Swimming | Group | Monday 3/30 | Tuesday 3/31 | Wednesday 4/1 | Thursday 4/2 | Friday 4/3 | Saturday 4/4 | Sunday 4/5 |
| | Gold | OFF UNTIL Tuesday 4/7 | | | | | | |
| | Silver A | | | | | | | |
| | Silver B | | | | | | | |
| | Bronze A | | | | | | | |
| | Bronze B | | | | | | | |
| | Speedster A | | | | | | | |
| | Speedster B | | | | | | | |
| | Lessons/ Evaluations | OFF | OFF | OFF | 3:30-6:30pm | OFF | 1:30-4:30pm | OFF |
| Tweak | Lessons/Evaluations | | | | | | | |

| Week of March 30, 2026 | | | | | | | | |
|---------------------------------------|---------|----------------|-----------------|------------------|-----------------|---------------|-----------------|---------------|
| Atlantis Swimming Senior & Masters | Group | Monday 3/30 | Tuesday 3/31 | Wednesday 4/1 | Thursday 4/2 | Friday 4/3 | Saturday 4/4 | Sunday 4/5 |
| | Masters | OFF UNTIL 4/7 | | | | | | |
| | Senior | | | | | | | |