			Sept - Oct 2025					
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Atlantis Swimming	Gold	4:30-6:30pm	6:00-8:00pm	5:00-6:30pm		6:00-7:30pm	11:15-1:15pm	3:00-5:00pm
	Silver A	6:45-8:15pm	5:15-6:30pm 6	6:45-8:15pm		OFF	11:15-12:45pm	3:00-5:00pm
	Silver B	0.45-8.15pm		0.45 0.15pm	OFF	OFF	11.15-12.45pm	3.00-3.00pm
	Bronze A	6:30-7:30pm	1 1	6:30-7:30pm	<b>0</b> 11	6:00-7:15pm	11:15-12:30pm	10 & Under Clinic 3:30-4:00pm
	Bronze B	7:35-8:35pm		7:35-8:35pm				
	Speedster A	5:15-6:00pm	0	5:15-6:00pm		6:00-7:00pm	11:15-12:15pm	
	Speedster B	6:00-6:45pm		6:00-6:45pm		0.00 7.00pm	11115 12115piii	
	Lessons	Evaluations	OFF	Evaluations	3:30-6:30pm	Evaluations	9:30-12:30pm 1:30-4:30pm	10:30-1:30pm
Covinaton								
Cranbrook Swim Club								
Groves								
Berkshire								
Tweak								

Sept - Oct 2025											
Atlantis Swimming	Group	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6			
	Masters	OFF	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am	OFF	OFF			
Senior & Masters	Senior	OFF	5:30-7:00am	OFF	OFF	5:30-7:00am	OFF	OFF			
		6:30-8:30pm	6:30-8:00pm	6:30-8:30pm	OFF	OFF	8:00-10:00am	3:00-5:00pm			
Cranbrook Swim											
Groves											

			Nov-Feb					
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gold	6:00-8:00pm	6:15-8:15pm	6:00-8:00pm		6:00-7:30pm	9:15-11:15am	3:00-5:00pm
Atlantis Swimming	Silver	6:15-7:45pm	6:15-7:45pm	<u> </u>	OFF	OFF	11:15-12:45pm	3:00-4:30pm
Actualis	Bronze A	6:00-7:00pm	┨ ┣	6:00-7:00pm		6:00-7:15pm	11:15-12:30pm	10 & Under Clinic 4:30-5:00pm
	Bronze B	7:00-8:00pm		7:00-8:00pm				
	Speedster A	5:45-6:30pm	011	5:45-6:30pm		6:00-7:00pm	44.45.42.45	
	Speedster B	6:35-7:20pm		6:35-7:20pm		0.00-7.00pm	11:15-12:15pm	
	Lessons	OFF	4:30-7:30pm	OFF	3:30-6:30pm	OFF	9:30-12:30pm 1:30-4:30pm	10:30-1:30pm
Seaholm								
Covinaton								
<u>Groves</u> Tweak								

Atlantis Swimming	Group	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Masters	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am	OFF	OFF
Senior & Masters	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	6:15-8:15pm	OFF	OFF	OFF	3:00-5:00pm
Seaholm								
Groves								

	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gold	12:30-2:30pm			12:30-2:30pm	12:30-2:30pm	12:15-2:15pm	3:00-5:00pm
Atlantis Swimming	Silver	11:30-1:00pm	HARRY H	OLIDAYS	11:30-1:00pm	11:30-1:00pm	12:15-2:00pm	3:00-4:30pm
Atlantis Swimming	Bronze A	11:30-12:45pm	HAPPT H	OLIDATS	11:30-12:45pm	11:30-12:45pm	12:15-1:30pm	10 & Under Clinic
	Bronze B	11.30-12.43pm						
	Speedster A	11:30-12:30pm			11:30-12:30pm	11:30-12:30pm	12:15-1:15pm	4:30-5:00pm
	Speedster B	11.50 12.50pm			11:50 12:50pm	11.50 12.50pm	12:15 1:15piii	
	Lessons	OFF	OFF	OFF	3:30-6:30pm	1:30-4:30pm	9:30-12:30pm 1:30-4:30pm	10:30-1:30pm
Seaholm								
Covinaton Groves								
Tweak								

Atlantis Swimming	Group	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Masters	6:15-7:45am			OFF	6:15-7:45am	OFF	OFF
Senior & Masters	Saniar	6:15-7:45am	НАРРҮ НО	OLIDAYS	OFF	6:15-7:45am	10:15-12:15pm	OFF
	Senior 4:45-6:45				12:30-2:30pm	12:30-2:30pm	OFF	3:00-5:00pm
Seaholm								
Groves								

			Week of					
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gold	Merry Christmas	12:30-2:30pm	12:30-2:30pm	12:30-2:30pm	12:30-2:30pm		
Atlantis Swimming	Silver		11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	OFF	
Additio Swimming	Bronze A		11:20-12:45nm	11:20-12:45nm	11:30-12:45pm	11:20-12:45nm	OH	Happy New Years Eve
	Bronze B		11.50°12.45pm					
	Speedster A		11:30-12:30pm	11:20 12:20nm	11,20 12,20nm	11.20 12.20		
	Speedster B		11.30-12.30pm	11.30-12.30pm	11.30-12.30pm	11.30-12.30pm		
	Lessons		1:30-4:30pm	1:30-4:30pm	3:30-6:30pm	1:30-4:30pm	9:30am-4:30pm	
Seaholm								
Covington								
Groves Tweak								
ıweak								

Week of											
Atlantis Swimming	Group	Monday 12/25	Tuesday 12/26	Wednesday 12/27	Thursday 12/28	Friday 12/29	Saturday 12/30	Sunday 12/31			
	Masters		OFF	6:15-7:45am	6:15-7:45am	OFF	OFF don't overlap seniors&				
Senior & Masters	Senior	Merry Christmas	OFF	6:15-7:45am	6:15-7:45am	OFF	gold while bronze & silver still in. Overlap	•			
	Sellioi		4:45-6:45pm	4:45-6:45pm	12:30-2:30pm	12:30-2:30pm	with seniors and gold was tough				
Seaholm											
Groves											

			March					
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gold	6:30-8:00pm	6:15-7:45pm	6:30-8:00pm		6:00-7:30pm or MAGS	9:15-11:15pm or MAGS	3:00-4:30pm or MAGS
Atlantis Swimming	Silver	7:15-8:15pm	<i>6:45</i> -8:00pm	7:15-8:15pm	OFF	MAGS	11:15-12:45pm or MAGS	3:00-4:30pm or MAGS
Actualities Swittling	Bronze A	6:15 7:15	OFF	6:15-7:15pm	<b>.</b>	6:00-7:15pm	11:15-12:30pm or	OFF
	Bronze B	6:15-7:15pm		0.13 7.13pm		0.00 7.15pm	MAGS	
	Speedster A	5:15-6:00pm	OFF	5 45 6 00 · ·		6:00-7:00pm	11:15-12:15pm	OFF
	Speedster B	5:15-6:00pm		5:15-6:00pm		6:00-7:00piii	11:15-12:15piii	
	Lessons	OFF	4:30-7:30pm	OFF	3:30-6:30pm	OFF	9:30-12:30pm 1:30-4:30pm	10:30-1:30pm
Seaholm								
Covington								
Groves Tweak								

Atlantis Swimming	Group	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Masters	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am	OFF	OFF
Senior & Masters	Senior	OFF	5:30-7:00am NON ULTRA +	OFF	OFF	5:30-7:00am ALL	9:15-11:15am	OFF
		6:15-8:15pm	<i>6:45</i> -8:15pm	6:15-8:15pm	OFF	OFF	OFF	3:00-4:30pm
Seaholm								
Groves								

			April - Mid May					
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Atlantis Swimming	Gold	6:45-8:15pm	7:00-8:30pm	6:45-8:15pm		5:30-7:00am	11:15-1:15pm	3:00-5:00pm
	Silver	6:45-8:15pm	5:45-7:00pm	6:45-8:15pm	OFF	OFF	11:15-12:45pm	3:00-4:30pm
	Bronze A	6:15-7:30pm	OFF	6:15-7:30pm	011	5:30-6:45pm	11:15-12:30pm	10 & Under Clinic
	Bronze B	0.13 7.30pm				3.30 0.43pm	11.13 12.30pm	
	Speedster A	5:15-6:15pm		5:15-6:15pm		5:15-6:15pm	11:15-12:15pm	4:30-5:00pm
	Speedster B	3.13 0.13pm		3.13 0.13pm		3.13 0.13pm	11.13 12.13pm	
	Lessons	OFF	4:30-7:30pm	OFF	3:30-6:30pm	OFF	9:30-12:30pm 1:30-4:30pm	10:30-1:30pm
Seaholm								
Covinaton								
Derby								
Groves								
Tweak								

Atlantis Swimming Senior & Masters	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Masters	OFF	1 5:30-7:00am	2 <b>OFF</b>	3 <b>5:30-7:00am</b>	4 5:30-7:00am	5 <b>OFF</b>	6 <b>OFF</b>
	Senior	OFF	5:30-7:00am	OFF	OFF	5:30-7:00am	9:15-11:15pm	OFF
		6:15-8:15pm	6:15-8:15pm	6:15-8:15pm	OFF	OFF	OFF	3:00-5:00pm
North Hills Groves								

Mid May - June										
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	Gold	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	HAPPY MEMORIAL DAY!				
Atlantis Swimming	Silver	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm					
Action Commission	Bronze	6:15-7:30pm	6:15-7:30pm	6:15-7:30pm	6:15-7:30pm					
	Speedster	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm					
	Lessons	OFF	OFF	OFF	3:30-6:30pm	OFF	10:30am-4:30pm	10:30-4:00pm		
Seaholm										
Covinaton Derbv										
Groves										

Mid May - June										
	Group	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6		
Atlantis Swimming	Masters	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am				
Senior & Masters	Senior	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am	HAPPY MEMORIAL DAY!			
		6:45-8:30pm	6:45-8:30pm	6:45-8:30pm	6:45-8:30pm	OFF				
Groves										
Seaholm										

June Until Schools Done										
	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	Gold	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm					
Atlantis Swimming	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	Meets or OFF				
Actualities Swilling	Bronze	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm					
	Speedster	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm					
	Lessons	OFF	OFF	OFF	3:30-6:30pm	OFF	10:30am-4:30pm	OFF		
Groves										
Tweak										

	Group	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
Atlantis Swimming	Masters	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	5:30-7:00am		
Senior & Masters	Senior	5:30-7:00am	5:30-7:00am	OFF	5:30-7:00am	:30-7:00am 5:30-7:00am		or OFF
	6:30-8:30pm		6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	OFF		
Groves								

Schools End - July											
	Group	Monday 6/16	Tuesday 6/17	Wednesday 6/18	Thursday 6/19	Friday 6/20	Saturday 6/21	Sunday 6/22			
	Masters	6:30-8:30am	6:30-8:00am	OFF	6:30-8:00am	6:30-8:30am					
		6:30-8:30am	7:00-8:30am	OFF	7:00-8:30am	6:30-8:30am	OFF or MEET				
	Senior	4:00-5:30pm	5:30-7:30pm	5:30-7:30pm	4:00-5:30pm	OFF					
	Cold	Gold 4:00-5:30pm	5:30-7:30pm	5:30-7:30pm	4:00-5:30pm	6:30-8:30am					
	Gold		5:30-7:30pm	5:30-7:30pm	4:00-5:30pm	OFF					
Atlantis Swimming	Silver	5:30-6:45pm	5:30-7:00pm	5:30-7:00pm	5:30-6:45pm						
	Bronze	5:30-6:30pm	5:30-6:45pm	5:30-6:45pm	5:30-6:30pm	OFF or MEET					
	Speedster	5:30-6:15pm	5:30-6:30pm	5:30-6:30pm	5:30-6:15pm						
	Lessons	OFF	1:30-4:30pm	1:30-4:30pm	OFF	OFF	OFF	OFF			
Seaholm											
Tweak											

	First Two Week In Augusts										
	Group	Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8	Saturday 8/9	Sunday 8/10			
	Masters	OFF	5:30-7:00am	5:30-7:00am	5:30-7:00am						
	Senior	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am						
	Gold	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am						
Atlantis Swimming	Silver	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm						
	Bronze	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm		OFF				
	Speedster	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm						
	Lessons	OFF	1:30-4:30pm	1:30-4:30pm	OFF	1:00-4:00pm	OFF	OFF			
CSC											
Derby											
Tweak											