



2023 - 2024 Swim Club Groups
Dry = Dryland

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blue	4:30 - 6:15 PM	4:30 - 6:15 PM	4:30 - 6:15 PM	4:30 - 6:15 PM	4:30 - 6:15 PM	6:00 - 8:00 AM	Off
Gold	4:30 - 5:45 PM 5:45 - 6:15 PM Dry	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 5:45 PM 5:45 - 6:15 PM Dry	4:30 - 5:45 5:45 - 6:15 PM Dry	7:30 - 9:00 AM	Off
Senior	5:45 - 7:00 PM	7:15 - 8:30 PM	7:00 - 8:30 PM	6:15 - 7:45 PM Sept to Nov	Off	6:00 - 7:30 AM	9:30 - 11:30 AM
Age Group 3	5:45 - 6:15 PM Dry 6:15 - 7:00 PM	Off	7:15 - 8:30 PM	5:45 - 7:00 PM	5:45 - 6:15 PM Dry 6:15 - 7:00	4:00 - 5:30 PM	8:00 - 9:30 AM
Age Group 2	Off	6:00 - 6:15 PM Dry 6:15 - 7:15	6:00 - 6:15 PM Dry 6:15 - 7:15	Off	5:45 - 7:00 PM	4:00 - 5:30 PM	8:00 - 9:30 AM
Age Group 1	Off	6:00 - 7:00 PM	6:00 - 7:00 PM	Off	Off	8:00 - 9:00 AM	9:30 - 10:30 AM