

Groups	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Senior Black (8) (Ashley)	5:45-7am (w/White) & 6-8pm	*5-8pm (w/Senior White)	*5:30-7:30pm (w/Senior White Michelle)	*5-8pm	3:30-5:00pm	8-11am*	*4:30-6:30pm (All Senior)
Senior White (7) (Michelle)	5:45-7am (w/Black Ashley) & 6-8pm (w/Senior Green)	*5-8pm (w/Senior Black)	*5:30-7:30pm (w/Senior Black)	*5-8pm	3:30-5:00pm	X	*4:30-6:30pm (All Senior Ashley)
Senior Green (6) (Rich)	6-8pm (w/Senior White)	*6-8pm	4:30-6pm (w/AG White Amy)	*6-8pm	5-6:30pm	X	*4:30-6:30pm (All Senior Ashley)
Age Group White (5) (Amy)	*4:00-6pm	5-6:30pm	4:30-6pm (w/Senior Green)	*4:30-6:30pm	5-6:30pm (w/AG Green Michelle)	X	X
Age Group Green (4) (Rachel & Michelle / Mistral)	4:30-6pm	5-6pm	X	*4:30-6pm	5-6:30pm (w/AG White)	X	X
Minis White (3) (Ashley & Nate)	*3:15-4:30pm	4-5pm	X	4-5pm	X	X	X
Minis Green (2) (Brandon & Brin)	X	3:15-4pm	X	3:15-4pm	X	X	X

*Dryland Before or (After) Swim

	Price Per Month
Senior Black	\$360
Senior White	\$340
Senior Green	\$300
Age Group White	\$260
Age Group Green	\$220
Minis White	\$180
Minis Green	\$140

Cost Breakdown:
\$10 per practice + **\$60** a month towards meet fees
*\$50 Team / Coaches & Officials Registration Fee Charged in December.
*\$89 USA Registration Fee Paid through USA swimming for 2023 year.
(Senior Black swimmers fee includes 12 months of Whoop)