

Lexington Location

March 18th 2024 – June 15th 2024

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	ONE ON ONE COACHING
Intro to Comp. Swim	3:30- 4:15 4:30-5:15 5:30-6:15 6:30-7:15 7:30-8:15	3:30- 4:15 4:30-5:15 5:30-6:15 6:30-7:15 7:30-8:15	3:30- 4:15 4:30-5:15 5:30-6:15 6:30-7:15 7:30-8:15	3:30- 4:15 4:30-5:15 5:30-6:15 6:30-7:15 7:30-8:15	3:30- 4:15 4:30-5:15 5:30-6:15 6:30-7:15 7:30-8:15		NSSC coaches will be available for 1 on 1 coaching Monday-Friday from 3:00-3:30 PM or Monday-Thursday. Children must register with Amy Murphy. 1 on 1 is meant to supplement practices and does not count towards practice requirements. One session per month per member.
White	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30 7:30-8:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30 7:30-8:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30 7:30-8:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30 7:30-8:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30 7:30-8:30	8:00-9:00 9:00-10:00 10:00-11:00 11:00-12:00	
Blue	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	8:00-10:00 10:00-12:00	
Green	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	3:30-5:00 5:00-6:30 6:30-8:00	8:00-10:00 10:00-12:00	

Intro to Comp. Swim Program: Monday/ Wednesday/ Friday or Tuesday/ Thursday/ Friday.

White Program: Monday/ Wednesday/ Friday/ Saturday or Tuesday/ Thursday/ Friday/ Saturday.

Blue Program: Monday/ Wednesday/ Friday/ Saturday or Tuesday/ Thursday/ Friday/ Saturday.

Green Program: Monday- Saturday.