Lexington Location

March 18th 2024 – June 15th 2024

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	ONE ON ONE COACHING
	3:30- 4:15	3:30- 4:15	3:30- 4:15	3:30- 4:15	3:30- 4:15		
Intro to	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		NSSC coaches will be
Comp.	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15		available for 1 on 1
Swim	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15		coaching Monday-
	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15		Friday from 3:00 -
							3:30 PM or Monday-
							Thursday.
White	3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30	8:00-9:00	Children must
	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	9:00-10:00	register with Amy
	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	10:00-11:00	Murphy.
	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	11:00-12:00	1 on 1 is meant to
	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30		supplement
							practices and does
							not count towards
Dive	2.20 5.00	2.20 5.00	2.20 5.00	2.20 5.00	2.20 5.00	0.00 10.00	practice
Blue	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	8:00-10:00	requirements.
	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	10:00-12:00	One session per
	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00		month per member.
Green	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	8:00-10:00	
	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	10:00-12:00	
	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00		

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.