



GRITMAS 2023

	Senior Perf & Prep	Blackhawk	Silverhawk	Redhawk	Bravo	Alpha
Monday 12/18	4:30-6:30 PM	4:30-6:30 PM	5:30-6:45p Sw,, 6:45-7:30 DL	5:30-6:45p Sw,, 6:45-7:30 DL	6:00-7:30pm	OFF
Tuesday 12/19	6-6:45p DL, 7-8:30p Sw	6-6:45 DL 7-8:30 Sw	5:30 - 7:00 PM	5:30 - 7:00 PM	OFF	6:00-6:15 DL, 6:15-7pm Sw
Wednesday 12/20	4:30-6:30 PM	4:30-6:30 PM	OFF	6-6:30p DL, 6:30-8pm Sw	5:30-6:30p Sw 6:30-7:30p Party	OFF
Thursday 12/21	4 - 5:45 PM, 6-6:45 PM DL	4:00 - 5:45 PM, 6-6:45 PM DL	6:30-7p DL, 6:30 - 8p Sw	OFF	6:00 - 7:30 PM	5:30 - 5:45 DL, 5:45-6:30 Sw
Friday 12/22	7:00 - 8:30 am 4:00 - 6:00pm	7:00 - 8:30am 4:00 - 6:00pm	6:00 - 7:30pm	6:00 - 7:30pm	OFF	OFF
Saturday 12/23	6:30 - 8:30am, 8:45-9:30am DL	6:30 - 8:30am, 8:45-9:30am DL	8:00-8:30am DL, 8:30-10:00a Sw	8:00-8:30am DL, 8:30-10:00a Sw	10:15-10:45a DL 10:45a-12:15p Sw	9:45-10:00am, 10:00am-10:45am
Sunday 12/24	MERRY CHRISTMAS!					
Monday 12/25	MERRY CHRISTMAS!					
Tuesday 12/26	4:00 - 5:45 PM Sw, 6-6:45 DL	4:00 - 5:45 PM Sw, 6-6:45 DL	2:30 - 4:00 PM, 4:15 - 4:45p DL	2:30 - 4:00 PM 4:15-4:45 DL	6:00-6:30 DL, 6:30-7:45p Sw	5:30-5:45 DL, 5:45-6:30 Sw
Wednesday 12/27	7:00 - 8:30am 4:00 - 6:00pm	7:00 - 8:30am, 4:00 - 6:00pm	2:30 - 4:00 PM	2:30 - 4:00 PM	6-7:15p Sw	OFF
Thursday 12/28	4:00 - 5:45 PM Sw, 6:00-6:45 DL	4:00 - 5:45 PM, 6-6:45 Strength	2:30 - 4p Sw,, 4:15-4:45p DL	2:30 - 4p Sw,, 4:15-4:45p DL	6:00-6:30 DL, 6:30-7:45p Sw	5:30-5:45 DL, 5:45-6:30 Sw
Friday 12/29	7:00 - 8:30am. 4:30 - 6:30pm UC	7:00 - 8:30am. 4:30 - 6:30pm UC	8:30 - 10:15a	8:30 - 10a Sw	OFF	OFF
Saturday 12/30	6:30 - 8:30am, 8:45-9:30am	6:30 - 8:30am, 8:45-9:30am	8:00-8:30a DL,, 8:30-10:00a Sw	8:00-8:30a DL,, 8:30-10:00a Sw	10:15-10:45a DL, 10:45am - 12:15pm Sw	9:45-10:00am, 10:00am-10:45am
Sunday 12/31	HAPPY NEW YEAR!					
Monday 1/1	HAPPY NEW YEAR!					
Tuesday 1/2	5:15-6:45 PM, 7-7:45 PM	6-6:45 PM DL, 7-8:30 PM Sw	5:30 - 7:00 PM	5:30 - 7:00 PM	OFF	6:00 - 6:15 DL, 6:15-7:00p Sw
Wednesday 1/3	5:30-7:30p Sw	5:30-7:30p Sw	6-6:30p DL, 6:30-8pm Sw	6-6:30p DL, 6:30-8pm Sw	5-5:30p DL, 5:30-6:30p Sw	OFF
Thursday 1/4	6-6:45p DL, 7-8:30p Sw	6-6:45p DL, 7-8:30p Sw	6:30-7p DL, 7-8:30p Sw	OFF	6-7:30p Sw	6:00 - 6:15 DL, 6:15-7:00p Sw
Friday 1/5	5-6:30a Sw	5:30-7p Sw	5:30-7p Sw	6:15-6:45p DL, 6:45-8:15p Sw		
Saturday 1/6	TBD	TBD	TBD	TBD	TBD	TBD
Sunday 1/7	Season 41 - Swim a Thon!					