



Tidal Wave Aquatics Fall Schedule 2025

Schedule starts September 2nd

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	4:30-5:30pm	5:30-6:30pm		5:30-6:30pm		5:00-6:00pm	Stroke Clinic 11:00-12:00
Silver	4:30-5:30pm	6:00-7:30pm 6:00-6:30 dryland	6:00-7:30pm 6:00-6:30 dryland	6:00-7:30pm 6:00-6:30 dryland	6:00-7:30pm 6:00-6:30 dryland	5:00-6:00pm	Stroke Clinic 10:00-11:00
Gold	3:00-4:30pm Lift 4:30-5:30pm	7:00-9:00pm 7:00-7:30 Dryland	7:00-9:00pm 7:00-7:30 Dryland	7:00-9:00pm 7:00-7:30 Dryland	7:00-9:00pm 7:00-7:30 Dryland	4:00-5:00pm Lift 5:00- 6:00pm	Stroke Clinic 10:00-11:00