

Pattonville:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<i>recommended practices</i>	<i>no more than</i>
<b>FAST Prep</b>	off	5:30-6:30 pm	off	5:30-6:30 pm	off	off	off	2	2
<b>Age Group 1</b>	5:30-6:30 pm	off	5:30-6:30 pm	7:30-8:30 @ Principia	off	off	10:00-11:00 am	3	3
<b>Age Group 2</b>	off	5:30-7:00	5:45-7:00 @ UMSL OR 7:30-8:45PM @ Principia	5:30-7:00 (dryland 5:30-5:45)	5:30-6:45	off	10:45am - 12:00 pm	3-4	5
<b>Age Group 3</b>	(Dryland 6:45) 7:00-8:30	5:30-7:00	5:30-7:00	(Dryland 6:45) 7:00-8:30	6:00-7:30@ Principia	off	10:00-11:30AM	4	5
<b>Select</b>	5:30-7:15 (dryland 7:00-7:15)	7:00-8:30 pm	5:30-7:15 (dryland 7:00-7:15)	7:00-8:30 pm	5:00-6:30 am @ Lindbergh OR 5:30-7:00 pm	7:00-9:00am	8:00-9:45AM	5	6
<b>Senior 1</b>	5:30-7:00	5:30-7:00 pm	6:00-6:15 pm dryland / 6:15-7:30 pm swim @ Principia	6:30-8:15 pm	5:30-7:00 pm	7:00-9:00am	off	4-5	5
<b>Senior 2</b>	7:00-8:30 pm	7:00-8:30 pm	6:30-8:30	Dryland 6:15-6:30 6:30-8:30	5:00-6:30AM @ Lindbergh OR 5:30-7:00PM	7:00-9:00am	8:00-9:45AM	5-6	6
<b>Senior Select</b>	dryland 6:15pm swim 6:30-8:30pm	Dryland 6:00-6:30 6:30-8:30	(dryland 6:15) 6:30-8:30	(Dryland 5:00) 5:30-7:30	5:00-6:30AM @ Lindbergh OR 5:30-7:00PM	7:00-9:00am	8:00-9:45AM	7	8
<b>National</b>	dryland 6:15pm swim 6:30-8:30pm	Dryland 6:00-6:30 6:30-8:30	(dryland 6:15) 6:30-8:30	(Dryland 5:00) 5:30-7:30	5:00-6:30AM @ Lindbergh 5:30-7:00PM	7:00-9:00am	8:00-9:45AM	6-8	