

Armada Workout Schedule 2/9-5/2

Groups	M	T	W	Th	F	Sat
Mini Blue		3:45-4:45pm	3:45-4:45pm Indoor Pool		3:45-4:45pm Indoor Pool	
Blue	3:45-5:00pm		3:45-4:45pm Goal Setting 4:45-5:30pm	3:45-5:00pm	3:45-5:00pm	
Yellow	3:45-5:00pm	3:45-5:00pm Dryland 5:00-5:45pm	3:45-5:00pm	3:45-5:00pm Goal Setting 5:00-5:45pm	3:45-5:00pm	
Juniors	Goal Setting 4:15-5:00pm 5:00-6:30pm	Dryland 4:15-5:00pm 5:00-6:30pm	5:00-6:30pm	Dryland 4:15-5:00pm 5:00-6:30pm	5:00-6:30pm	9:00-11:00am
Gold	Goal Setting 4:15-5:00pm 5:00-6:45pm	6:00-7:30am Dryland 4:15-5:00pm 5:00-6:30pm	4:45-6:45pm	6:00-7:30am Dryland 4:15-5:00pm 5:00-6:30pm	5:00-6:30pm	9:00-11:00am

Albany High Swim Season: Feb 9-May 2, AHS Home Meet : March 26