

Peddie Aquatic Association & Varsity Training Schedule

Junior Program: Effective September 8, 2025

Senior Program: Effective September 2, 2025 Varsity: Effective September 1, 2025

Group:	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Falcon	Pool	5:30-6:30pm		6:00-7:00pm			8:00-9:00am
AG-1	Strength & Conditioning				Dryland - Bandwork 5:00-5:30pm		Dryland 9:45-10:15am
	Pool	7:00-8:30pm		4:30-6:00pm	5:30-7:00pm		8:00-9:30am
AG-2	Strength & Conditioning		Dryland - Bandwork 5:00-5:30pm		Dryland 6:00-6:45pm	Dryland - Bandwork 5:00-5:30pm	Dryland 7:00-7:45am
	Pool	5:00-7:00pm	5:30-7:00pm		7:00-8:30pm	5:30-7:15pm	8:00-10:00am
Senior	Strength & Conditioning		Weightroom 6:15-7:00	Weightroom 6:00-6:30			Weightroom 8:15-9:00am
	Pool	7:00-9:00pm	7:00-9:00pm	6:30-8:30pm		5:30-7:30pm	6:00-8:00am
Senior Performance	AM Pool	By Invite		By Invite			6:00-8:00am
	Strength & Conditioning		Weightroom 7:40-8:20pm		Weightroom 7:40-8:20pm		Weightroom 8:15-9:00am
	PM Pool	5:00-7:00pm	5:30-7:30pm	4:30-6:30pm	5:30-7:30pm	5:30-7:30pm	
Peddie School Varsity							
	AM Pool	*7-7:45am	OFF	*7-7:45am	OFF		6:00-8am
	Strength & Conditioning	6:15-7am Optional LIFT	Optional DryLand 2:50-3:30pm	6:15-7am Optional LIFT	Optional DryLand 2:50-3:30pm	OFF	8:15 - 9:00 am LIFT on no class Sat.
	PM Pool	3:30-5:00pm *Dist. 5:30pm	3:30-5:30pm	Optional Club 4:30-6:30pm	3:30-5:30pm	3:30-5:30pm	OFF