

WEST Summer 2021 Schedule

Published: June 23, 2021

Club Team Practices

Senior:

- Monday at Colman
 - Bus leaves WEST at 4:45 am, and returns at 9:45 am
 - Dryland @ 1:00-2:30pm
- Tuesday at WEST
 - In Water @ 5:30am-8:00am
 - Dryland @ 1:00-2:30pm
- Wednesday at Colman
 - Bus leaves WEST @ 6:30 am, and returns at 12pm.
 - Dryland @ 1:00-2:30pm
- Thursday at WEST
 - In Water @ 5:30am-8:00am
 - Dryland @ 1:00-2:30pm
- Friday and Saturday at WEST
 - In Water @ 5:30am-8:30am

Accelerate:

- Monday at Colman
 - Bus leaves WEST at 7 am, and returns to WEST @ 11:15 am
- Tuesday & Wednesday
 - Dryland @ 9:30am-10am
 - In Water @ 10:00am-12:00pm
- Thursday at Colman
 - Bus leaves WEST at 6 pm and returns to WEST @ 10:30pm.
- Friday @ 10:30am-1:00pm
- Sunday @ 7:30am-10:00am

Challenge:

- Monday at Colman
 - Bus leaves WEST at 7 am, and returns to WEST @ 11:15 am
- Tuesday & Wednesday
 - Dryland @ 12:30pm-1pm
 - In Water @ 1:00pm-3:00pm
- Thursday at Colman
 - Bus leaves WEST at 6 pm and returns to WEST @ 10:30pm.
- Friday
 - In Water @ 1:00pm-3:00pm
- Saturday
 - Dryland @ 8am-8:30am
 - In Water @ 8:30am-10:00am

WEST Summer 2021 Schedule

Published: June 23, 2021

Discover:

- Monday & Tuesday
 - Dryland @ 12:30pm-1pm
 - In Water @ 1:00pm-2:30pm
- Wednesday at Colman
 - Bus leaves WEST at 9:15 am and returns to WEST at 1 pm.
- Thursday
 - Dryland @ 12:30pm-1pm
 - In Water @ 1:00pm-2:30pm
- Friday
 - In Water @ 1:00pm-2:30pm
- Saturday
 - Dryland @ 8am-8:30am
 - In Water @ 8:30am-10:00am

Explore 2:

- Tuesday and Thursday @ 6:30pm-7:30pm
- Friday @ 6:30pm-8:00pm
- Saturday @ 2:30pm-3:30pm

Explore 1:

- Monday and Wednesday @ 6:30pm-7:30pm
- Friday @ 6:30pm-8:00pm
- Saturday @ 2:30pm-3:30pm

Embark 2:

- Tuesday and Thursday @ 6:30pm-7:30pm
- Friday @ 6:30pm-8:00pm
- Sunday @ 2:30pm-3:30pm

Embark 1:

- Monday and Wednesday @ 6:30pm-7:30pm
- Friday @ 6:30pm-8:00pm
- Sunday @ 2:30pm-3:30pm

WEST Summer 2021 Schedule

Published: June 23, 2021

Summer Team Practices

Summer Team - Monday, Wednesday, and Saturday, AM

- Monday and Wednesday @ 12:00pm-1:00pm
- Saturday @ 1:00pm-1:45pm

Summer Team - Monday, Wednesday, and Saturday, PM

- Monday and Wednesday @ 7:30pm-8:30pm
- Saturday @ 1:45pm-2:30pm

Summer Team - Tuesday, Thursday, and Sunday, AM

- Tuesday and Thursday @ 12:00pm-1:00pm
- Sunday @ 1:00pm-1:45pm

Summer Team - Monday, Wednesday, and Saturday, PM

- Tuesday and Thursday @ 7:30pm-8:30pm
- Sunday @ 1:45pm-2:30pm

WEST Summer 2021 Schedule

Published: June 23, 2021

Group Lessons

Weekday Lessons (Monday-Friday): 3:00pm-6:30pm

Weekend Lessons (Saturday and Sunday): 10:00am-1:00pm

Private Lessons - Must be scheduled ahead of time

Monday-Friday @ 2:30pm-3pm

During ALL Lap Swim Times

Water Aerobics

Tuesday and Thursday @ 8:00am-9:00am

Lap Swim

Monday:

8:00am-12:00pm

8:30pm-9pm

Tuesday

9:00am-10:00am

8:30pm-9pm

Wednesday:

8:00am-10:00am

8:30pm-9pm

Thursday:

9:00am-12:00pm

8:30pm-9pm

Friday:

8:30am-10:30am

8:30pm-9pm

Saturday and Sunday (*Dependent on pool rentals):

3:30pm-7:00pm

WEST Summer 2021 Schedule

Published: June 23, 2021

Membership Gym Hours

Monday - Thursday:

7:00 - 9:30am

10:30am - 12:30am

6:30 - 9:30am

Friday

7:00am - 2:30pm

6:30 - 9:30pm

Saturday & Sunday

2:30 - 7:00pm