



# SWIM SCHEDULE 2019 - 2020



UNIVERSITY OF THE BAHAMAS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Water Safety (3:45 - 4:15 PM)	Water Safety (3:45 - 4:15 PM)	Water Safety (3:45 - 4:15 PM)	Water Safety (3:45 - 4:15 PM)	
	FUNdamentals (4:15 - 4:45 PM)	FUNdamentals (4:15 - 4:45 PM)	FUNdamentals (4:15 - 4:45 PM)	FUNdamentals (4:15 - 4:45 PM)	
	School of Strokes 1 (4:00 - 4:45 PM)	School of Strokes 1 (4:00 - 4:45 PM)	School of Strokes 1 (4:00 - 4:45 PM)	School of Strokes 1 (4:00 - 4:45 PM)	
School of Strokes 2 (4:00 - 5:00 PM)	School of Strokes 2 (4:00 - 5:00 PM)	School of Strokes 2 (4:00 - 5:00 PM)	School of Strokes 2 (4:00 - 5:00 PM)	School of Strokes 2 (4:00 - 5:00 PM)	
BKKAC					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Performance (4:00 - 5:00 PM) Swim (5:00 - 6:00 PM) Dryland	Performance (4:00 - 5:30 PM) Swim	Performance (4:00 - 5:00 PM) Swim (5:00 - 6:00 PM) Dryland	Performance (4:00 - 5:30 PM) Swim	Performance (4:00 - 5:00 PM) Swim (5:00 - 6:00 PM) Dryland	<b>COMBINED</b> Performance/High Performance (7:00 - 9:00 AM) School of Strokes 1 & 2 (9:00 - 10:00 AM)
High Performance (5:00 - 7:00 PM) Swim	High Performance (6:00 - 7:00 AM) Dryland@MacFit / Club One (5:30 - 7:00 PM) Swim	High Performance (5:00 - 7:00 PM) Swim	High Performance (6:00 - 7:00 AM) Dryland@MacFit / Club One (5:30 - 7:00 PM) Swim	High Performance (5:00 - 7:00 PM) Swim	
AquaFitness (7:00 - 8:00 PM)	AquaFitness (7:00 - 8:00 PM)	AquaFitness (7:00 - 8:00 PM)	AquaFitness (7:00 - 8:00 PM)		High Performance (3:00 - 5:00 PM)