

Winter 2025							
January 5-11							
Group Name	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prep PW/RLJ	PM	Park West		Park West	RLJ	SMRT Trophy Swim Meet	
		4:30-5:15 PM		D/S 4:15-5:15 PM	4:15-5:00 PM		
Prep RLJ	PM	Park West	RLJ		RLJ		
		4:30-5:15 PM	D/S 4:00-5:00 PM		4:15-5:00 PM		
AG Blue RLJ/PW	PM	RLJ		RLJ	Park West		
		S/D 4:15-5:45 PM		4:15-5:15 PM	4:30-5:30 PM		
AG Blue PW	PM	RLJ	Park West		Park West		
		4:15-5:15 PM	D/S 4:00-5:30 PM		4:30-5:30 PM		
AG Orange	PM	Park West	Park West	Park West	Park West		
		5:15-6:30 PM	D/S 5:00-6:30 PM	5:15-6:30 PM	5:30-6:30 PM		
JR	AM						
	PM	RLJ	RLJ	Park West	RLJ		
		5:15-6:45 PM	5:00-6:30 PM	D/S 6:00-8:00 PM	5:00-6:30 PM		
SR	AM	Park West			Park West		
		5:30-7:00 AM			5:30-7:00 AM		
	PM	RLJ	Park West	RLJ			
		D/S 6:00-8:00 PM	D/S 5:45-8:00 PM	5:15-7:15 PM			
D/S means Dryland then Swim			Tennis Shoes are required to participate in dryland days				
S/D means Swim then Dryland							