

Fall 2025							
October 20 - December 31							
Group Name	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prep PW/RLJ	PM	Park West		Park West		RLJ	
		4:30-5:15 PM		D/S 4:15-5:15 PM		3:30-4:15 PM	
Prep RLJ	PM		RLJ		RLJ	RLJ	
			D/S 4:00-5:00 PM		4:15-5:00 PM	3:30-4:15 PM	
AG Blue RLJ/PW	PM	RLJ		RLJ		Park West	
		S/D 4:15-5:45 PM		4:15-5:15 PM		4:15-5:30PM	
AG Blue PW	PM		Park West		Park West	Park West	
			D/S 4:00-5:30 PM		4:30-5:30 PM	4:15-5:30PM	
AG Orange	PM	Park West	Park West	Park West	Park West	RLJ	
		5:15-6:30 PM	D/S 5:00-6:30 PM	5:15-6:30 PM	5:30-6:30 PM	4:15-6:00 PM	
JR	AM						Park West
							S/D 6:45-9:15 AM
	PM	RLJ	RLJ	Park West	RLJ	RLJ	
5:15-6:45 PM		5:00-6:30 PM	D/S 6:00-8:00 PM	5:00-6:30 PM	4:15-6:00 PM		
SR	AM	Park West			Park West	Park West	Park West
		5:30-7:00 AM			5:30-7:00 AM	5:30-7:00 AM	S/D 6:45-9:15 AM
	PM	RLJ	Park West	RLJ		RLJ	
		D/S 6:45-8:00 PM	D/S 5:45-8:00 PM	5:15-7:15 PM		* 4:15-6:00 PM	
D/S means Dryland then Swim			Tennis Shoes are required to participate in dryland days			* Invite Only	
S/D means Swim then Dryland							