

Schedule from August 20th, 2022 to June 15th, 2023

Group	Pool	DAYS	SWIM TIME	Dryland
Master	Comp Pool	Option A: Monday-Friday	5:15 to 6:15 AM	No Dryland
		Option B: Monday-Friday	6:15 to 7:15 AM	
		Saturday	7:00 to 8:45 AM	
Pre-Comp	Rec Pool	Option A (Monday & Wednesday) Option B (Tuesday & Thursday)	3:30 to 4:30 PM	No dryland
Stroke Development Level 1	Rec Pool	Monday - Wednesday	3:30 to 4:30 PM	*Thursday from 5:00 to 5:40 PM
	Comp Pool	Thursday	3:45 to 5:00 PM	
Stroke Development Level 2	Comp Pool	Monday - Wednesday	3:45 to 5:00 PM	*Tuesday from 5:00 to 5:40 PM
	Rec Pool	Thursday	3:30 to 4:30 PM	
Stroke Development Level 3	Rec Pool	Monday	3:30 to 4:30 PM	*Thursday from 5:00 to 5:40 PM
	Comp Pool	Tuesday – Thursday	3:45 to 5:00 PM	
Stroke Development Level 4	Comp pool	Monday thru Thursday	3:45 to 5:00 PM	* Tuesday from 5:00 to 5:40 PM
Age group	Comp Pool	Monday thru Thursday	3:45 to 5:15 PM	* Tuesday & Thursday from 5:00 to 5:40 PM
		Friday	4:00 to 5:30 PM	
Senior Prep	Comp Pool	Monday thru Thursday	3:45 to 5:15 PM	*Tuesday & Thursday from 5:00 to 5:40 PM
		Friday	5:00 to 6:00 PM	
Junior	Comp Pool	Monday thru Thursday	5:00 to 7:00 PM	Monday and Wednesday from 4:00 to 5:00 PM (TBC)
		Friday	4:00 to 6:00 PM	
		Saturday	7:00 to 9:00 AM	
Beyond Fitness	Comp pool	Monday thru Thursday	5:15 to 7:00 PM	No Drylands
Senior	Comp Pool	Monday thru Thursday	5:00 to 7:00 PM	Monday and Wednesday from 4:00 to 5:00 PM (TBC)
		Friday	4:00 to 6:00 PM	
		Saturday	7:00 to 9:00 AM	
Senior Elite (Group will be confirmed by October 1 st)	Comp Pool	Tuesday and Thursday	5:15 to 7:15 AM	Monday, Wednesday, and Friday from 6:00 to 7:30 AM
		Monday thru Thursday	5:00 to 7:00 PM	
		Friday	4:00 to 6:00 PM	
		Saturday	7:00 to 9:00 AM	

Dryland note:

- For all groups Dryland will start on September 5th.
- The dryland schedule is confirmed for all groups
- Dryland for Stroke Development, Age Group, and Senior Prep will be combined. Please check what day your group is scheduled to do drylands.
- Dryland is not mandatory for all groups
- To participate in Dry-land activities proper athletic gear is necessary:
 - For safety reasons all swimmers must-have athletic shoes (no flip-flops, crocs, or other kinds of sandals) and proper attire (shorts and t-shirt). The athlete will not be admitted to this activity if you not dressed adequately.