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Schedule From January 8th, 2024 - June 14th, 2024

Dolphins	<p style="text-align: center;"><u>Mondays</u></p> <p>4:45 - 5:15 PM Strength & Conditioning</p> <p>5:30 - 7:00 PM Fitness Pool</p>	<p style="text-align: center;"><u>Tuesdays</u></p> <p>6:45 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><u>Thursdays</u></p> <p>6:45 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><u>Saturdays</u></p> <p>10:15 - 10:45 AM Strength & Conditioning</p> <p>11:00 AM - 12:30 PM Fitness Pool</p>
Penguins	<p style="text-align: center;"><u>Mondays</u></p> <p>6:15 - 6:45 PM Strength & Conditioning</p> <p>7:00 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><u>Tuesdays</u></p> <p>6:00 - 6:45 PM Splash Pool</p>	<p style="text-align: center;"><u>Thursdays</u></p> <p>6:00 - 6:45 PM Splash Pool</p>	<p style="text-align: center;"><u>Saturdays</u></p> <p>10:15 - 10:45 AM Strength & Conditioning</p> <p>11:00 AM - 12:00 PM Fitness Pool</p>
High School	<p style="text-align: center;"><u>Mondays</u></p> <p>4:45 - 5:15 PM Strength & Conditioning</p>	<p style="text-align: center;"><u>Tuesdays</u></p> <p>6:45 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><u>Thursdays</u></p> <p>6:45 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><u>Saturdays</u></p> <p>10:15 - 10:45 AM Strength & Conditioning</p> <p>11:00 AM - 12:00 PM Fitness Pool</p>