

2025 - 2026 SMS Training Schedule

As of September 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold min 6/wk	5:00-7:00am (LP) 4:30-5:30pm (Lift) 5:30-7:30pm (LP)	4:00-6:00pm (GB)	5:00-7:00am (LP) 5:30-7:30pm (LP)	4:45-6:00pm (Lift) 6:00-7:30pm (LP)	5:00-7:00am (LP) 4:00-5:00pm (Lift) 5:00-6:30pm (LP)	8:45-9:45am (TR) 10:00-12:00pm (LP)	
Silver min 4/wk	3:40-4:00pm (Lift) 4:00-5:30pm (LP)	5:30-7:00am (LP) 4:00-6:00pm (GB)	3:40-4:00pm (Lift) 4:00-5:30pm (LP)	5:30-7:00am (LP)	3:30-5:00pm (LP)	8:45-9:45am (TR) 10:00-12:00pm (LP)	
Bronze 1 min 3/wk	4:30-6:00pm (GB)	4:45-6:00pm (LP)		4:45-6:00pm (LP)	3:00-4:00pm (LP)	8:45-9:45am (TR) 12:00-1:30pm (LP)	8:30-9:45am (LP)
Bronze 2 min 2/wk	4:30-6:00pm (GB)	3:45-4:45pm (LP)		3:45-4:45pm (LP)	3:00-4:00pm (LP)	8:45-9:45am (TR) 12:00-1:00pm (LP)	8:30-9:45am (LP)
Bronze 3 min 2/wk	3:00-4:00pm (LP)	3:00-3:45pm (LP) *A	3:00-4:00pm (LP) *B		3:00-4:00pm (LP)	8:45-9:45am (TR) 12:00-1:00pm (LP)	8:30-9:45am (LP)
Development	4:30-6:00pm (GB)	6:00-7:00am (LP) 4:00-6:00pm (GB)		6:00-7:00am (LP)		8:45-9:45am (TR) 12:00-1:30pm (LP)	8:30-9:45am (LP)

LP = Lions Pool

GB = Gov's Beach
includes circuits

Lift = Lift/Dryland
(Lions Pool)

TR = Track
Area/Dryland
(Lions Pool)