

<b>Pre-Team</b>	<b>30 minute groups</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
Warmup/Kick	Kick	100	100	100	100	
Drill Set		Free	Free	Back	Free	
Main Set		100 main set	100 main set	100 main set	100 main set	
Skills/Fun						
<b>Intro/Red</b>	<b>30 minute group</b>					
Warmup/Kick	25's kick and swim	100	100	100	100	
Review		200 of review	200 of review	200 of review	200 of review	
Drill Set		Free	Back	Free	Back	
Main Set		300 Main Set	300 Main Set	300 Main Set	300 Main Set	
Skills		Streamline/UW kick	Starts	Turns	Starts	
<b>Beginner/Bronze</b>	<b>45 minute groups</b>					
Warmup	25's kick and swim	200	200	200	200	
Kick Set	300 of kick	300 of kick	300 of kick	300 of kick		
Review		200 of review	200 of review	200 of review	200 of review	
Drill Set		Free	Back	Breast	Fly	

Main Set		400 Main Set	400 Main Set	400 Main Set	400 Main Set	
Skills		Streamline/UW kick	Starts	Turns	Starts	
<b>Yellow/Silver</b>	<b>75 minute groups</b>					
Warmup	50's kick and swim	300	300	300	300	
Kick Set	400 of kick	400 of kick	400 of kick	400 of kick	400 of kick	
Review		300 of review	300 of review	300 of review	300 of review	
Drill Set		Free	Back	Breast	Fly	IM/Skill (silver)
Main Set		600 main set	600 main set	600 main set	600 main set	600 main set
Skills		Streamline/UW kick	Starts	Turns	Starts	Turns/Relays
<b>Blue/Gold</b>	<b>75 minute groups</b>					
Warmup	50's kick and swim	300	300	300	300	
Kick Set	600 of kick	600 of kick	600 of kick	600 of kick	600 of kick	
Review		400 of review	400 of review	400 of review	400 of review	
Drill Set		Free	Back	Breast	Fly	IM/Skill (Gold)
Main Set		800 main set	800 main set	800 main set	800 main set	800 main set
Skills		Streamline/UW kick	Starts	Turns	Starts	Turns/Relays