

Group	Coach	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	Coach Grace	5:30-7:00am 4:30-5:30pm Dryland	4:30-6:30pm	5:30-7:00am 4:30-5:30pm Dryland	4:30-6:30pm	5:30-7:00am	7:00-9:30am
Senior 2	Coach Grace	4:30-5:30pm Dryland 5:30-6:30pm	4:30-6:30pm	4:30-5:30pm Dryland 5:30-6:30pm	4:30-6:30pm	5:30-7:00am OR 4:30-6:30pm Coach Clinton	7:00-9:30am
Senior Prep	Coach Rachel	4:30-5:30pm 5:30-6:30pm Dryland	3:45-5:30pm	4:30-5:30pm 5:30-6:30pm Dryland	3:45-5:30pm	4:30-6:30pm	7:00-9:30am
Age Group 1	Coach Clinton	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	4:30-6:30pm Coach Emma	7:00-9:30am
Age Group 2	Coach Emma	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	4:30-6:00pm Coach Tiare	
Age Group 3	Coach Grace	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm		
Discovery 1	Coach Emma	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm		
Discovery 2	Coach Tiare	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm		
Discovery 3	Coach Tiare	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm		
Intro to the Swim Team	Coach Kayla		5:00-5:30pm OR 5:30-6:00pm		5:00-5:30pm OR 5:30-6:00pm		