



# TSM TRAINING SCHEDULE [JAN 6 - JUN 13 2025]

White

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SMSC (AM)
4:45-5 (self care)	4:45-5 (self care)	4:15-4:30 (self care)	5:15-5:30 (self care)	4:45-5 (self care)	8:45-9 (self care)
5-6 (swim)	5-6 (swim)	4:30-5:30 (swim)	5:30-6:30 (swim)	5-6 (swim)	9-10 (swim)

Pink

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (AM)
5:45-6 (self care)	5:45-6 (self care)	3:45-4 (self care)	5:45-6 (self care)	3:45-4 (self care)	8:45-9 (self care)
6-7:15 (swim)	6-7:15 (swim)	4-5:15 (swim)	6-7:15 (swim)	4-5 (swim)	9-10:15 (swim)

Red

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SMSC (AM)
4:45-5 (self care)	4:45-5 (self care)	4:15-4:30 (self care)	6:15-6:30 (self care)	4:45-5 (self care)	8:45-9 (self care)
5-6:30 (swim)	5-6:30 (swim)	4:30-6 (swim)	6:30-8 (swim)	5-6:30 (swim)	9-10:30 (swim)

Blue

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (PM)	SMSC (PM)	SAMOHI (PM)	SMSC (PM)	SMSC (PM)	SMSC (AM)
3:45-4 (self care)	3:45-4 (self care)	4:15-4:30 (self care)	3:45-4 (self care)	3:45-4 (self care)	8:45-9 (self care)
4-5:45 (swim)	4-5:45 (swim)	4:30-6:15 (swim)	4-5:45 (swim)	4-5:45 (swim)	9-10:45 (swim)

Purple (AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				SMSC (AM)	SMSC (AM)
				5:15-5:30 (self care)	6-6:30 (self care)
				5:30-7:30 (swim)	6:30-9 (swim)

Purple (PM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	
3:45-4 (self-care)	3:45-4 (self-care)	3:45-4 (self-care)	3:45-4 (self-care)	4:30-5 (self-care)	
4-6 (swim)	4-6 (swim)	4-6 (swim)	4-6 (swim)	5-7 (swim)	