

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Copper Prep (M/W or T/TH option)	5:15-6:00 PM @757swim	6:15-7:00 PM @757swim	5:15-6:00 PM @757swim	6:15-7:00 PM @757swim		
Copper AM (M/W/F or T/TH/F option)	7:45-8:45 AM @757swim	7:45-8:45 AM @757swim	7:45-8:45 AM @757swim	7:45-8:45 AM @757swim	6:30-7:30 PM @757swim	
Copper PM (M/W/F or T/TH/F option)	6:00-7:00 PM @757swim	5:15-6:15 PM @757swim	6:00-7:00 PM @757swim	5:15-6:15 PM @757swim	6:30-7:30 PM @757swim	
Bronze 1 AM	7:45-8:45 AM @757swim	7:45-8:45 AM @757swim	7:45-8:45 AM @757swim	7:45-8:45 AM @757swim		
Bronze 1 PM	7:00-8:00 PM @757swim	7:00-8:00 PM @757swim	7:00-8:00 PM @757swim	7:00-8:00 PM @757swim		
Bronze 2 AM	7:30-8:45 AM @757swim	7:30-8:45 AM @757swim	7:30-8:45 AM @757swim	7:30-8:45 AM @757swim		
Bronze 2 PM	6:45-8:00 PM @757swim	6:45-8:00 PM @757swim	6:45-8:00 PM @757swim	6:45-8:00 PM @757swim		
Bronze 3	5:15-6:45 PM @757swim	5:15-6:45 PM @757swim	5:15-6:45 PM @757swim	5:15-6:45 PM @757swim		11:30-12:45 PM @757swim
Silver 1	6:45-8:15 PM @757swim	6:45-8:15 PM @757swim	6:45-8:15 PM @757swim	6:45-8:15 PM @757swim	3:30-4:30 PM CF1607	11:30-12:45 PM @757swim
Silver 2	6:15-7:45 PM @W&M	6:15-7:45 PM @W&M	6:15-7:45 PM @W&M	6:15-7:45 PM @W&M	3:30-4:30 PM CF1607 5:00-6:30 PM @757swim	10:00-11:30 AM @757swim
Silver 3	5:00-6:45 PM @757swim 3:30-4:30 PM CF1607	5:00-6:45 PM @757swim	5:00-6:45 PM @757swim 3:30-4:30 PM CF1607	5:00-6:45 PM @757swim	5:00-6:45 PM @757swim	9:30-11:30 AM @757swim
Gold 1	3:45-5:15 PM @757swim 5:30-6:30 PM CF1607	3:45-5:15 PM @757swim	3:45-5:15 PM @757swim	3:45-5:15 PM @757swim 5:30-6:30 PM CF1607	3:00-5:00 PM @757swim	
Gold 2	3:00-5:00 PM @757swim	5:30-6:30 AM CF1607 3:00-5:00 PM @757swim	3:00-5:00 PM @757swim	5:30-6:30 AM CF1607 3:00-5:00 PM @757swim	3:00-5:00 PM @757swim	7:00-9:00 AM @757swim 9:15-10:15 AM CF1607
Gold 3	5:30-6:30 AM CF1607 3:00-5:15 PM @757swim	3:00-5:15 PM @757swim	5:30-6:30 AM CF1607 3:00-5:15 PM @757swim	3:00-5:15 PM @757swim	5:30-6:30 AM CF1607 3:00-5:00 PM @757swim	7:00-9:30 AM @757swim