

Group	Monday, Nov 24	Tuesday, Nov 25	Wed, Nov 26	Thurs, Nov 27	Friday, Nov 28	Saturday, Nov 29
Barracuda	4:45p - 5:45p	4:45p - 5:45p	9-10a	OFF	10-11a	OFF
Red	4:45p - 6:00p	4:45p - 6:00p	9-10:30a	OFF	10-11:30a	OFF
White	6:00p - 7:30p	6:00p - 7:30p	9-10:30a	OFF	10-11:30a	OFF
Blue	6:00p - 7:45p	6:00p - 7:45p	7-9a	OFF	8-10a	8-10a
Senior	4:45p-6:30p swim 6:45-7:45p dl/lift	5:15a - 6:30a 4:45p - 7:00p	7-9a	OFF	8-10a	8-10a
National	4:45p-6:30p swim 6:45-7:45p dl/lift	5:15a - 6:30a 4:45p - 7:00p	7-9a	OFF	8-10a	8-10a
Group	Monday, Dec 22	Tues, Dec 23	Wed, Dec 24	Thur, Dec 25	Friday, Dec 26	Saturday, Dec 27
Barracuda	4-5p	4-5p	OFF	OFF	4-5p	OFF
Red	4-5:30p	4-5:30p	OFF	OFF	4-5:30p	OFF
White	4-5:30p	4-5:30p	OFF	OFF	4-5:30p	OFF
Blue	8-10a 4-6p	4-6p	OFF	OFF	8-10a 4-6p	8-10a
Senior	8-10a 4-6p	4-6p	OFF	OFF	8-10a 4-6p	8-10a
National	8-10a 4-6p	4-6p	OFF	OFF	8-10a 4-6p	8-10a
Group	Monday, Dec 29	Tues, Dec 30	Wed, Dec 31	Thursday, Jan 1	Friday, Jan 2	Saturday, Jan 3
Barracuda	4-5p	4-5p	8-10a	OFF	4-5p	OFF
Red	4-5:30p	4-5:30p	8-10a	OFF	4-5:30p	OFF
White	4-5:30p	4-5:30p	8-10a	OFF	4-5:30p	OFF
Blue	8-10a 4-6p	4-6p	8-10a	OFF	8-10a 4-6p	8-10a
Senior	8-10a 4-6p	4-6p	8-10a	OFF	8-10a 4-6p	8-10a
National	8-10a 4-6p	4-6p	8-10a	OFF	8-10a 4-6p	8-10a