

WESTERN WAHOOS SPRING SCHEDULE 2024

MARCH 25TH - JUNE 16TH

SWIMMING GROUP	MONDAY MECHANICS	TUESDAY TECHNIQUE	WEDNESDAY DISTANCE	THURSDAY SPRINT	FRIDAY	SATURDAY MAX EFFORT WORKOUT	SUNDAY
ACADEMY 2.5 HOURS	5:30-6:30PM INDOOR POOL		5:15PM-6PM INDOOR POOL	7PM-7:45PM INDOOR POOL			
BRONZE 4 HOURS	6:30-7:45PM INDOOR POOL		6:30PM-7:30PM BUBBLE POOL			11:15AM-1PM BUBBLE POOL	
SILVER 6 HOURS	6:30PM-8PM	5PM-6:30PM		5PM-6:30PM		11:30AM-1PM	
GOLD 7.5 HOURS	6:30PM-8PM	5PM-6:30PM	6:30PM-8PM	5PM-6:30PM		10AM-11:30AM	
PLATINUM 9.5 HOURS	DRYLAND: 6:15PM-6:30PM 6:30PM-8PM	5PM-6:30PM DRYLAND: 6:30PM-6:45PM	DRYLAND: 5:45PM-6:30PM 6:30PM-8PM	5PM-6:30PM DRYLAND: 6:30PM-6:45PM		10AM-12PM	
JR. NATIONAL A & B 12 HOURS	5PM-6:30PM LIFT: 6:45PM-7:30PM	LIFT: 5:30PM-6:15PM 6:30PM-8PM	5PM-6:30PM	LIFT: 5:30PM-6:15PM 6:30-8PM		8:00AM-10AM LIFT: 10:15AM-11:00AM	