

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice	OFF	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	OFF	9:00-10:00am	9:00-10:00am
Age Group	5:30-7:00pm	5:30-6:30pm Dryland 6:30-8:00pm Swim	OFF	5:30-6:30pm Dryland 6:30-8:00pm Swim	5:30-7:30pm	7:30-9:00am	7:30-9:00am
Junior	OFF	5:30-6:30pm Dryland 6:30-8:00pm Swim	5:30-7:30pm	5:30-6:30pm Dryland 6:30-8:30pm Swim	5:30-7:30pm	7:30-9:30am	7:30-9:30am
Pre-National	5:30-6:30am - Lift (DIS) 6:30-8:30pm Swim	6:30-8:30pm	OFF	5:30-6:30am - Lift (DIS) 6:30-8:30pm Swim	5:30-6:30am - Lift (DIS) 6:00-8:00pm Swim	7:30-9:30am	7:30-9:30am
Senior	5:30-6:30am - Lift (DIS) 6:30-8:30pm Swim	OFF	6:30-8:30pm	5:30-6:30am - Lift (DIS)	5:30-6:30am - Lift (DIS) 6:00-8:00pm Swim	7:30-9:30am	7:30-9:30am
National	5:30-6:30am - Lift (DIS) 6:30-8:30pm Swim	OFF	6:30-8:30pm	5:30-6:30am - Lift (DIS) 6:30-8:30pm Swim	5:30-6:30am - Lift (DIS) 6:00-8:00pm Swim	7:00-9:30am	7:00-9:30am