

Senior Group Holiday Training Schedule 2021-2022									
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		Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		12/18	12/19	12/20	12/21	12/22	12/23	12/24	12/25
Senior Black	am	7:00-9:00	off	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	off	off
	pm	2:00-4:50	1:00-3:30	2:00-4:50	2:00-4:00	2:00-4:50	off	off	off
Senior White	am	7:00-9:00	off	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	off	off
	pm	2:00-4:50	1:00-3:30	2:00-4:50	off	2:00-4:50	off	off	off
Senior Red	am	9:00-11:00	off	9:00-11:00	9:00-11:00	9:00-11:00	9:00-11:00	off	off
	pm	off	off	off	off	off	off	off	off
Swim and Dryland									
		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		12/26	12/27	12/28	12/29	12/30	12/31	1/1	1/2
Senior Black	am	off	off	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	off	off
	pm	off	3:00-5:00	2:00-4:50	2:00-4:00	2:00-4:50	off	off	1:00-4:00
Senior White	am	off	off	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	off	off
	pm	off	3:00-5:00	2:00-4:50	off	2:00-4:50	off	off	1:00-4:00
Senior Red	am	off	off	9:00-11:00	9:00-11:00	9:00-11:00	9:00-11:00	off	off
	pm	off	3:00-5:00	off	off	off	off	off	off

Junior Group Holiday Training Schedule 2021-2022									
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		Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		12/18	12/19	12/20	12/21	12/22	12/23	12/24	12/25
Junior Red	am	9:00-10:30	off	off	off	off	off	off	off
	pm	off	off	4:00-5:15	4:00-5:15	4:00-5:15	4:00-5:15	off	off
Junior White	am	9:00-10:30	off	off	off	off	off	off	off
	pm	off	off	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	off	off
		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		12/26	12/27	12/28	12/29	12/30	12/31	1/1	1/2
Junior Red	am	off	off	9:00-10:15	9:00-10:15	9:00-10:15	9:00-10:15	off	off
	pm	off	off	off	off	off	off	off	off
Junior White	am	off	off	9:00-10:30	9:00-10:30	9:00-10:30	9:00-10:30	off	off
	pm	off	off	off	off	off	off	off	off