

DAILY SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6:45AM 7AM	EARLY BIRD 6:45-7:30				POOL CLOSED		
8AM	MASTERS 7:30-8:30	SYNCHRO (Sr. A&B & Jr. A) 7:00-8:30	MASTERS 7:30-8:30	SYNCHRO (Sr. A&B & Jr. B) 7:00-8:30			
9AM	LESSONS 8:30-10:40 8:30-9:00 - Level 6, Gold, Silver 9:00-9:30 - Bronze, Blue 9:30-10:00 - Red, Green, Jr. Lifeguard 10:00-10:20 - Yellow, White, WP Lessons 10:20-10:40 - White, Paddlers, Mom & Tots, Synchro Lessons				STAFF TRAINING 9:00-11:30		
10AM							
11AM	AQUAFIT, GUPPIES (6&U), WAC GYM (10&U) 10:45-11:15				SYNCHRO (All Solos & Duets) 10:30-12:00	WP MASTERS 11:00-12:00	
12PM	SWIM TEAM Water Dragons, 8&U, 9&10 Leaders 11&12 : 11:15-12:00						
1PM	SWIM TEAM 11&12 13&14: 12:00-12:45				SWIM TEAM 8&U - 13&14 12:00-1:00	RUBBER DUCKY SWIM 12:00-1:00	
2PM	WATERPOLO TEAM 16&U Boys, 16&U Girls, 12&U Mixed : 12:45-1:30				GIRLS WP SCRIMMAGE AQUA AEROBICS 1:00-2:00		
3PM	SYNCHRO Jr. A & Jr. C: 1:30-2:15 Jr. B, Jr. C & Sr.: 1:30-2:15 Jr. B & Jr. Solo & Jr.: 1:30-2:15 Jr. A, Jr. C & Sr.: 1:30-2:15						
4PM	BRONZE 3:00-5:00	FREE SWIM 2:00-9:00					
5PM	SYNCHRO (Jr Solo) 4:30-5:30					FREE SWIM 12:00-9:00	
6PM	SYNCHRO (Sr. Duet & Sr. Solo) 5:30-6:30	NIGHT LESSONS 5:30-6:30	NIGHT LESSONS 5:30-6:30		SYNCHRO (Sr. Duet Jr. Duet) 5:30-6:30		
7PM	SYNCHRO LESSONS 6:30-7:00				SENIOR LEADERS (13+) 6:30-8:00		
8PM	13+SWIM TEAM & MASTERS 8:00-9:00		13+SWIM TEAM & MASTERS 8:00-9:00		WP SCRIMMAGE 8:00-9:00		
9PM							