

**IMPORTANT WORKOUT NOTES:**

- => Times are ALL workout times. We ask that athletes arrive 15 minutes before workout to dress and gather equipment!!
- => Varied Starting and Finishing Times for AG1! Please note & review weekly times!!
- => Dryland and Meeting times are expected as part of the regular training schedule!!
- => Parents can observe all training sessions! Please remain in the spectator gallery throughout the workout!
- => Athletes will exit the locker rooms on the hallway side! Please meet your swimmers in the hallway and not on the pool deck!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior <i>Coach Grace</i>	DL	5:40-6:30a			5:40-6:30a		
	AM	6:40-7:40a	OFF	5:40-8:00a	6:40-7:40a	OFF	7:40-10:00a
	MTG	7:45-8:00a			7:45-8:00a		
	PM	4:10-6:30p	4:10-6:30p	OFF	4:10-6:30p	4:10-6:30p	OFF

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group 2 <i>Coach Brittney</i>	DL					6:00-6:30p	
	PM/SAT	6:00-7:45p	6:00-8:00p	6:00-8:00p	6:00-8:00p	6:40-8:00p	10:00a-12:00p
	MTG	7:45-8:00p					
Age Group 1 <i>Coach Kailey</i>	DL					6:00-6:30p	
	PM	6:30-7:45p	6:15-7:45p	6:15-7:45p	6:15-7:45p	6:40-7:30p	OFF
	MTG	7:45-8:00p					

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T&F <i>Coach Grace</i>	PM	7:00-8:00p	OFF	7:00-8:00p	OFF	7:00-8:00p	OFF