

Fall Schedule							
Group	Pod	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	A	Swim 3:20-4:00	Dryland 4:10-4:45	Swim 2:30-3:10	Dryland 4:10-4:45		
	B	Dryland 4:10-4:45	Swim 3:20-4:00	Dryland 4:10-4:45	Swim 3:20-4:00		
Silver	A	Swim 4:10-4:50	Dryland 4:10-4:45	Swim 3:20-4:00	Dryland 4:10-4:45	Swim 4:10-4:50	
	B	Dryland 4:10-4:45	Swim 4:10-4:50	Dryland 4:10-4:45	Swim 4:10-4:50	Swim 3:20-4:00	
Gold	A	Swim 5:00-5:50	Dryland 4:00-4:45	Swim 4:10-5:00	Dryland 4:00-4:45	Swim 5:00-5:50	Swim 10:00-10:50
	B	Dryland 4:00-4:45	Swim 5:00-5:50	Swim 4:10-5:00	Swim 5:00-5:50	Dryland 4:00-4:45	Swim 10:00-10:50
PS	A	Swim 5:00-5:50	Dryland 4:00-4:45	Swim 5:10-6:00	Dryland 4:00-4:45	Swim 5:00-5:50	Dry/Swim 10-11:50
	B	Dryland 4:00-4:45	Swim 5:00-5:50	Swim 5:10-6:00	Swim 5:00-5:50	Dryland 4:00-4:45	Dry/Swim 10-11:50
Senior		Swim 6:00-7:30PM	Swim 6:00-7:30AM	Swim 6:00-7:30PM	Swim 6:00-7:30AM	Swim 6:00-7:30PM	Dryland 8:00-9:00AM
			Dryland 5:00-6:00PM		Dryland 5:00-6:00PM		