

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold/Silver	5:30 - 7:00 AM (GYM)	5:30 - 7:00 AM (SWIM)	5:30 - 7:00 AM (GYM)	5:30 - 7:00 AM (SWIM)	5:30 - 7:00 AM (SWIM)	7:00 - 9:00 AM (SWIM) + Bronze
Gold/ Silver/ Bronze	4:00 - 6:00 PM (SWIM)	4:00 - 6:00 PM (SWIM)	4:00 - 6:00 PM (SWIM)	4:00 - 6:00 PM (SWIM)		