

Regular Training Schedule

Senior	Monday	6:00 - 7:30 AM	Swim @ DOW
		3:30 - 5:00	Dryland Laurentian
	Tuesday	6:00 - 7:30 AM	Swim @ DOW
		3:00 - 4:30 PM	Swim @ DOW
	Wednesday	3:30-5:30 PM	Swim @ DOW
	Thursday	6:00 - 7:30 AM	Swim @ DOW
		3:30 - 5:00	Dryland Laurentian
	Friday	6:00 - 7:30 AM	Swim @ DOW
	3:00 - 4:30 PM	Swim @ DOW	
Saturday	7:00 - 9:00 AM	Swim @ HARC	
Age Group 1	Monday	5:45-7:30 PM	Dry and swim @ ND
	Tuesday	6:00 - 7:30 AM	Swim at ND
	Wednesday	5:45 - 8:00 PM	Dry and swim @ ND
	Thursday	3:00 - 4:30 PM	Swim at DOW
	Friday	6:00 - 7:30 AM	Swim at ND
		4:15-6:00 PM	Dry @ swim @ DOW
	Saturday	8:30 - 10:00 AM	Swim @ ND
Age Group 2 all swims at ND	Tuesday	4:00 - 5:00 PM	
	Wednesday	5:30-6:30 PM	
	Thursday	3:30-4:30 PM	
	Friday	4:00 - 5:30 PM	
	Saturday	7:00 - 8:30 AM	
Age Group 3 All swims at ND	Tuesday	4:00 - 5:00 PM	
	Wednesday	5:30-6:30 PM	
	Friday	4:00 - 5:30 PM	
	Saturday	7:00 - 8:30 AM	
Novice 1 all swims at ND	Monday	5:30-6:30 PM	
	Tuesday	5:00-6:00 PM	
	Thursday	4:30-5:30 PM	
	Friday	5:00 - 6:00 PM	
Novice 2	Monday	5:30-6:30 PM	
	Wednesday	5:30-6:30 PM	
	Friday	5:00-6:00 PM	