

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00	Lane Swim	Aquafit	Lane Swim	Aquafit	Lane Swim
9:15		Open Swim		Open Swim	
9:30					
9:45					
10:00	Transition	Transition	Transition	Transition	Transition
10:15	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10:30					
10:45					
11:00					
11:15					
11:30					
11:45	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
12:00					
12:15	Transition	Transition	Transition	Transition	Open Swim
12:30	Aquafit	Aquafit	Aquafit	Aquafit	
12:45					
1:00					
1:15					
1:30	Open Swim	Open Swim	Open Swim	Open Swim	
1:45					
2:00					
2:15					
2:30					
2:45					
3:00					
3:15					
3:30					
3:45					
4:00					