		Fall 202	5 regular sch	edules			
Specific Schedules are posted to ad	iust for training				meets and ho	olidays.	
Break 1 leading into Christmas for a		5 2) 2(22 (. 2. 22 )		5, 45 77511 45 577111		J	
increased training for performance		31 at home and L	ong course tra	ining out of town	Jan 2.3 & 4		
Limited training over March Break a				anning out or torri	Jan 2,5 a .		
All groups will be adjusted to accord				,			
High Performance (14 and over)	nodate Queens	poot maintenant	Le III earty may	•			
Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 2	Moriday	6-7:30 am	Wednesday	6-7:30 am	6-7:30 am	8-9:30-am	Juliuay
Ends: typically after a swimmers last meet	3:30-5 pm	3:15-4:15 dryland	3:30-5:30 pm	3:15-4:15 dryland	0 7.30 um	0 7.50 dili	
,, ,		'	·	'		1	
Senior Performance (13 and over)							
Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 2		6-7:30 am	2 22 5	6-7:30 am	6-7:30 am	8-9:30 am	
Ends: typically after a swimmers last meet	3:30-5 pm		3:30-5 pm				
Performance 5 (12 and over)							
	Manday	Tuesday	We do so do.	Thursday	Friday	Catuadan	Considere
Season Starts: Sept 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 8-9:30 am	Sunday
Ends: typically after a swimmers last meet	3:30-5 pm	3:30-5 pm	3:30-5 pm	3:30-5 pm		0-9.30 alli	
inds. typically after a swiffiners last meet	5100 5 p	3130 3 p	3130 3 p	3130 3 p			
Junior (12 and under) - YMCA							
Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 15, Saturdays after Thanksgiving			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Tilday	7:30-9am	Juliuay
Ends: after our May meet or	3:30-5 pm		3:30-5 pm	+	3:30-5 pm	7.50 74111	
early June if qualified for Regional Champs	3.30-3 pm		3.30-3 piii		3.30-3 pm		
Senior (13 and over)							
		<del>-</del> .		<b>-</b> : .			
Season Starts: Sept 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
•	5-6:30 am	3:30-5 pm		3:30-5 pm		9:30-11am	
Ends: after our May meet or early June if qualified for Regional Champs	3-6:30 am	3:30-5 pm		3:30-3 bili			
Junior Development (12 and unde	r)						
Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 15	Moriday	luesday	wednesday		riluay	Jaturuay	Juliuay
Ends: after our May meet or	5-6:30pm	5-6:30pm		5-6:30pm			
early June if qualified for Regional Champs						1	
Junior Masters (13 and over)							
Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starts: Sept 16			•				
Ends: late April		5:00-6pm		5:00-6pm			
WIND WAR ING (WW.)							
MINI MARLINS + (MM+)	44 - 1	<b>T</b>	M . 1 . 1	T1 1	= 2.2	6.1	6 '
Season Starts: Sept 15 or 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ends: late April - we are often able to run a	4:15-5:15 (M/W)	4:15-5:15 (T/T)	4:15-5:15 (M/W)	4:15-5:15 (T/T)			
and are April - we are often able to full d		()	(,,,,, 11)	1 ()		1	
MINI MARLINS (MM)							
Season	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Monday 5:15-6 (M/W)	Tuesday 5:15-6 (T/T)	Wednesday 5:15-6 (M/W)	Thursday 5:15-6 (T/T)	Friday	Saturday	Sunday