

SMITHFIELD / BRYANT	MON	TUE	WED	THU	FRI	SAT	SUN
Developmental		5:30-6:15 PM		5:30-6:15 PM			
AG1							
Dryland		5-5:30 PM		5-5:30 PM			
Swim	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM			
AG2							
Dryland		5-5:30 PM		5-5:30 PM			
Swim	5:30-6:45 PM	5:30-6:45 PM	5:30-6:45 PM	5:30-6:45 PM	5:30-7:00 PM	8 - 9:30 AM @ RWU	
SR1							
Dryland	6:00-6:30 PM	6:00-6:30 PM	6:00-6:30 PM	6:00-6:30 PM			
Swim	6:30-8:00PM	6:30-8:00 PM	6:30-8:30 PM	6:30-8:00 PM	5:30-7:00 PM	8:00-10:00 AM @ RWU	
SR2							
Dryland	6:00-6:30 PM	6:00-6:30 PM	6:00-6:30 PM	6:00-6:30 PM			
Swim	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	5:30-7:00 PM	8:00-10:00 AM @ RWU	
BRISTOL / ROGER WILLIAMS	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Developmental	5:30-6:15 PM		5:30-6:15 PM				
AG1							
Dryland	5:30 - 6 PM		5:30 - 6 PM				
Swim	6 - 7 PM	6 - 7 PM	6 - 7 PM	6 - 7 PM		8 - 9 AM	
AG2							
Dryland	5:30 - 6PM		5:30 - 6 PM				
Swim	6 - 7:30 PM	6 - 7:30 PM	6 - 7:30 PM	6 - 7:30 PM		8 - 9:30 AM	
SR1							
Dryland	5:00-5:30 PM	7:00-7:30 PM	5:00-5:30 PM	7:00-7:30 PM			
Swim	5:30 - 7 PM	5:30 - 7:00 PM	5:30 - 7 PM	5:30 - 7:00 PM	5:00 - 6:30 PM	8-10 AM	
SR2							
Dryland	5:00-5:30 PM	7:00-7:30 PM	5:00-5:30 PM	7:00-7:30 PM			
Swim	5:30 - 730 PM	5:30 - 7:00 PM	5:30 - 730 PM	5:30 - 7:00 PM	5:00 - 6:30 PM	8-10 AM	
MIDDLETOWN/ ST. GEORGES	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Developmental	6-6:45 PM			6-6:45 PM			
AG1/ SENIOR 1 & 2							
Swim	6 - 7:15 PM	6 - 7:15 PM		6 - 7:15 PM			