

HIGH PERFORMANCE

MONDAY		
AM	PM	
SWIMMING	DRYLAND	SWIMMING
5:00 am to 6:30 am	5:30 pm to 6:30 pm	6:30 pm to 8:00 pm

TUESDAY		
AM	PM	
OFF	DRYLAND	SWIMMING
	5:30 pm to 6:30 pm	6:30 pm to 8:00 pm

WEDNESDAY		
AM	PM	
SWIMMING	DRYLAND	SWIMMING
5:00 am to 6:30 am	5:30 pm to 6:30 pm	6:30 pm to 8:00 pm

THURSDAY	
AM	PM
OFF	

FRIDAY		
AM	PM	
SWIMMING	DRYLAND	SWIMMING
5:00 am to 6:30 am	5:30 pm to 6:30 pm	6:30 pm to 8:00 pm

SATURDAY		
AM		
SWIMMING	DRYLAND	
7:00 am to 9:00 am	9:00 am to 11:00 am	