

Start Date Monday June 8th

Summer 2026 Training Schedule

End Date Sunday August 9th

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	AM
Masters	5:00-6:30			6:30-8:00	5:00-6:30			6:30-8:00	5:00-6:30			
ProFlo	6:00-8:30			3:00-4:30	6:00-8:30			3:00-4:30	6:00-8:30		7:30-9:30	
National	6:00-8:45	3:00-4:30	6:00-8:15	3:00-4:30	6:00-8:45		6:00-8:15	3:00-4:30	6:00-8:45		7:30-10:00	
Gold	6:00-8:45	3:00-4:30	6:00-8:15	3:00-4:30	6:00-8:45		6:00-8:15	3:00-4:30	6:00-8:45		7:30-10:00	
Silver	8:15-10:45		7:45-10:45		8:15-10:45	5:00-6:30	7:45-10:45		8:15-10:45		5:30-7:30	
SenDev		5:30-7:30		5:30-7:30		5:30-7:30		5:30-7:30		5:30-7:30	5:30-7:30	
SenFit		5:30-7:30		5:30-7:30		5:30-7:30		5:30-7:30		5:30-7:30		
AGD		6:00-7:30		6:00-7:30		6:00-7:30		6:00-7:30				
Bronze	8:15-10:45		8:15-10:15	4:45-6:15	8:15-10:45		8:15-10:15		8:15-10:45		5:30-7:30	
Asteroids	10:15-12:15		10:15-12:15		10:15-12:15		10:15-12:15		10:15-12:15		10:00-12:15	T.B.A
Meteorites		4:30-6:00	10:30-12:00			4:30-6:00		4:30-6:00	10:30-12:00		10:30-12:00	
Dippers		4:30-5:00	10:30-11:30			4:30-5:30		4:30-5:30	10:00-11:00			

**Swim Lesson's
Pool Time**

- Sr Dev & Sr Fit First 30 Mins Dty-Land**
- Natinal & Gold Dry-Lands last 30 min dry lands**
- Dippers Make- up's if needed**
- Meteorites First 15 min Dry-Lands**
- Bronze last 30 Min Dry-Lands**
- Nat & Gold GYM 1:00 -2:30 AM Tue & Thus**
- Sr Group Last Summer Double Tuesday July 14th**
- Bronze & Silver Last Summer Double Wed July 7th / 8th**
- Dippers Make up Day If Needed due to weather**

<u>Days</u>	<u>Times Am</u>	<u>Times PM</u>
Mon -Thursday	10:00-1:00	4:00-8:00
Friday	10:00-1:00	OFF
Sat & Sun	10:00-1:00	OFF
Holidays	Memorial Day Mon Jun 25th Forth of July Friday July 3rd -5th	

**Home Meet Date
Changes: TBA**

June 19-21 SoFlo Last Chance Summer Invite
July 10-12 BB Champs



Go SoFlo!