

2023-2024 OCT - JUNE POOL SCHEDULE

| PROGRAM | swims per week | MONDAY | TUESDAY | | WEDNESDAY | THURSDAY | | FRIDAY | SAT |
|----------------------|----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------|-----------|
| | | РМ | АМ | PM | PM | АМ | PM | No Sessions | АМ |
| JUNIOR | 2-3/week | 5:00-6:00 | | 4:30-5:30 | | | 4:30-5:30 | | |
| JUNIOR DEVELOPMENT | 3-4/week | 5:00-6:00 | | 4:30-5:30 | 5:00-6:00 | | 4:30-5:30 | | |
| HOUSE LEAGUE PROGRAM | 2/week | 5:00-6:00 | | | 5:00-6:00 | | | | |
| DEVELOPMENT ELITE | 5-7/week | 5:00-6:00 | 6:15-7:45 | 4:30-6:00 | 5:00-6:00 | 6:15-7:45 | 4:30-6:00 | | 7:30-9:30 |