



# 2022-2023 OCT - JUNE POOL SCHEDULE

PROGRAM	swims per week	MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SAT
		PM 6:00-7:00	AM 6:15-7:45	PM 4:30-6:00	PM 6:00-7:00	PM 4:30-6:00	No Sessions	AM 7:30-9:15
<b>JUNIOR</b> (1 <sup>st</sup> and 2 <sup>nd</sup> year, under 12 years)	2/week	Yellow	Grey	Yellow	Grey	Yellow	Grey	Grey
<b>JUNIOR</b> (3 <sup>rd</sup> year, under 12 years)	3/week	Green	Grey	Green	Grey	Green	Grey	Grey
<b>HOUSE LEAGUE PROGRAM</b> (12 year and over)	2/week	Green	Grey	Grey	Green	Grey	Grey	Grey
<b>JUNIOR DEVELOPMENT</b> (11 years and under)	4/week	Yellow	Grey	Yellow	Yellow	Yellow	Grey	Green
<b>DEVELOPMENT ELITE</b> (12 years)	5/week	Yellow	Green	Yellow	Yellow	Yellow	Grey	Green
<b>DEVELOPMENT ELITE</b> (13 years and older)	6/week	Green	Green	Green	Green	Green	Grey	Green

Green are mandatory swim times, and you can choose from Yellow time slots to complete the number of swims per week.