

Monday	5:15 – 6:15 p.m.	SSRAC
Tuesday, Thursday	6 – 6:45 p.m.	JCC
Sunday	10 – 11 a.m.	SSRAC
<b>Juniors</b>		
Tuesday, Thursday	5:15 – 6:15 p.m.	SSRAC
Friday	5 – 5:45 or 5:45-6:30 p.m.	MCROCK
Sunday	8:30 – 10 a.m.	SSRAC
<b>Seniors A</b>		
Mon, Tues, Thurs	4 – 5:15 p.m.	SSRAC
Wednesday	5:15 – 6:45 p.m.	WGOP
Sunday	6:15 – 7:45 a.m. DL 7:45-8:30 am	SSRAC
<b>Seniors B</b>		
Tues, Thurs, Friday	3:45 – 5:00 p.m	MCROCK
Wednesday	5:15 – 6:45 p.m.	WGOP
Sunday	6:15 – 7:45 a.m. DL 7:45-8:30 am	SSRAC
<b>Advanced Juniors</b>		
Tuesday, Thursday	6:45 – 8 p.m.	JCC
Wednesday	5:15 – 6:45 p.m.	WGOP
Friday	5:45 – 7:15 p.m.	SSRAC
Sunday	7:45 – 9:15 a.m.	SSRAC
<b>Senior Training Group</b>		
Monday	5:15 – 6:45 p.m.	WGOP
Tuesday, Thursday	6:15 – 7:45 p.m.	SSRAC
Thursday	5 – 6:30 a.m.	MCROCK
Friday	4:15 – 5:45 p.m.	SSRAC
Saturday	6:15 – 8:15 a.m.	SSRAC
<b>National Development Group</b>		
Monday	6:15 – 7:45 p.m. (F/S), 5:15-6:45 p.m (W)	WGOP
Tuesday, Thursday	5:30 – 7:45 p.m. DL 5:30-6:00 (F/S) 5:30-6:15 (W)	MCGER
Wednesday	5 – 6:30 a.m.	MCROCK
Friday	5 – 6:30 p.m.	MCROCK
Saturday	8:15 – 11 a.m.	SSRAC
<b>Advanced Senior</b>		
Monday, Wednesday	3:30 – 5 p.m.	MCROCK
Tuesday, Friday	5 – 6:30 a.m.	MCROCK
Tuesday, Thursday	4:15 – 6:30 p.m. DL 6:00-6:30 (F/S) 4:15-5:00 (W)	MCGER
Sunday	6:15 – 8:30 a.m.	SSRAC
<b>National Training Group</b>		
Monday, Wednesday	3:45 – 6:15 p.m. DL 3:15-3:45	WGOP
Tuesday, Wednesday, Friday	5 – 6:30 a.m.	MCROCK
Tuesday, Thursday, Friday	3:30 – 5 p.m. DL 3:15-3:30	MCROCK
Saturday	6:15 – 9:15 a.m.	SSRAC

\*\*\*\*Dryland (DL) times to be confirmed

## Aquatics