		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
SQUAD	Gold Performance	6-7pm	6-7pm LT 5-5:45pm	6:45-8:15am	6:15-8:15pm	5-7pm	11:15-12:15pm LT 10:15--11am	2-4pm	10.5 1.5	Swimming Land Training
SQUAD	Silver Performance	6-7pm	6-7pm LT 5-5:45pm	6:45-8:15am	7:15-8:15pm	5-6pm	11:15-12:15pm LT 10:15--11am	2-4pm	8.5 1.5	Swimming Land Training
SQUAD	Bronze Performance	6-7 pm	6-7pm LT 5-5:45pm		7:15-8:15pm	5-6pm		2-3pm	5 0.75	Swimming Land Training
DEVELOPMENT	Gold Rays		6-7pm LT 5-5:45pm	6:45-8:15am	7:15-8:15pm	5-6pm		2-3pm	5.5 0.75	Swimming Land Training
DEVELOPMENT	Silver Rays	6-7pm	5-6pm			4-5pm		3-4pm	4	Swimming Land Training
DEVELOPMENT	Bronze Rays		5-6pm			4-5pm		3-4pm	3	Swimming Land Training
DEVELOPMENT	Masters				7:15-8:15pm			2-3pm 3-4pm	2	Swimming Land Training