

Monday VRC	Tuesday YMCA	Wednesday VRC	Thursday YMCA	Friday	Saturday YMCA
Novice A Novice B 6:00 - 7:00 pm	Novice A Novice B 6:00 - 7:00 pm	Novice A Novice B 5:30 - 6:30 pm	Novice A Novice B 6:00 - 7:00 pm		Novice A 8:00 - 9:00 am (no Novice B)
Junior A 5:00 - 6:30 pm	Junior A 5:00 - 6:30 pm	Junior 4:30 - 6:00 pm	Junior 5:00 - 6:30 pm		Junior 8:00 - 9:30 am
Intermediate 5:00 - 7:00 pm	Intermediate 5:00 - 7:00 pm	Intermediate 4:30 - 6:30 pm	Intermediate 5:00 - 7:00 pm		Intermediate 8:00 - 10:00 am
Advanced 5:00 - 7:00 pm	Advanced 5:00 - 7:00 pm	Advanced 4:30 - 6:30 pm	Advanced 5:00 - 7:00 pm		Advanced 8:00 - 10:00 am

\*Novice B swims 2X per week (Monday/Wednesday/Saturday OR Tuesday/Thursday/Saturday)

\*Novice A swims 3X per week (Monday/Wednesday OR Tuesday/Thursday)

\*Junior swims 3X per week (Monday/Wednesday/Saturday OR Tuesday/Thursday/Saturday)

\*Intermediate swims 3X per week (Monday/Wednesday/Saturday OR Tuesday/Thursday/Saturday)

\*Advanced swims up to 5X per week