

## **JULY SCHEDULE ADJUSTMENTS**

### **JULY 15-17<sup>TH</sup> WORKOUT SCHEDULE:**

- July 15<sup>th</sup> (am): Blue Bell Girls: Stephen  
Blue Bell Boys: Rob
- July 15<sup>th</sup> (pm): Senior Gold & Silver: Rob & Linda
- July 16<sup>th</sup> (am): National, Gold & Silver 7:00am-9:00am: Rob  
Age Group Blue Girls/Boys, Yellow Bell 9:00-10:45am: Barbara, Matt, Rob
- Age Group White 10:00 – 11:00am: Abigail and Stephanie
- July 16<sup>th</sup> (pm) NO WORKOUT – Meet set-up
- July 17<sup>th</sup> NO WORKOUT

During Far Westerns, July 28<sup>th</sup>- 30<sup>th</sup>; Blue Bell groups will be covered by Stephen & Rob. No Saturday workout, Saturday July 31<sup>st</sup> for Blue and Yellow Bell Groups. We will run a generic Age Group workout from 8:00am to 10:00am for Age Group swimmers 12 and under and from 9:00am to 10:00am for swimmers 8 and under.

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## **AUGUST SCHEDULE**

Beginning August 2<sup>nd</sup>, the workouts will be as follows:  
(Workouts will be offered Monday thru Friday)

Senior Group 7:00am – 9:00am (no dryland)

Age Group (Blue and Yellow): 8:30am – 10:30am (no dryland)

Age Group (White): 9:00am – 10:00am

Senior/Blue Combined: 5:00pm – 6:30pm

Yellow/White Combined: 6:30pm – 7:30pm

Junior Bells: No change in times. \*\*Location change the week of August 16<sup>th</sup> to Int'l Swim Center.

No Saturday workouts during the month of August for all groups.

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Wednesday, August 4<sup>th</sup>, no evening workout due to warm-ups for NACC meet and swim meet set-up.

August 5-7<sup>th</sup>: No workouts for all groups due to NACC Swim Meet at the International.