

Workout Schedule starting the week of October 4

National/Gold/Silver Groups

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Workout	5:30-6:30am		5:30-6:30am		5:30-6:30am	6:00-8:30am
Workout	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	

Blue Boys and Blue Girls

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dry-Land	5:00-5:30pm		5:00-5:30pm		5:00-5:30pm	
Workout	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	7:00-9:00am

Yellow Bell

Starting Monday October 4th Yellow bell will be broken into two separate workouts. These workouts **will not be** “Yellow 1” or “Yellow 2” designated workouts, but we will be separating the group so as to challenge each and every swimmer regardless of their age or ability. Any swimmer may attend either of the two groups.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dry-Land	4:30-5:00		4:30-5:00		4:30-5:00	
Workout	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	9:00-10:30
Dry-Land	5:45-6:15		5:45-6:15		5:45-6:15	
Workout	6:15-7:30	6:15-7:30	6:15-7:30	6:15-7:30	6:15-7:30	

White Bells

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	10-11am

Junior Bells Bucknell Road

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	
Workout	6:45-7:30pm	6:45-7:30pm	6:45-7:30pm	6:45-7:30pm	6:45-7:30pm	