

Saturdays will have changes based on swim meets. Changes will be listed in the newsletter

June/July schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-5:30	5-9:45 am Stevenson 5:30-6:30am Masters	5-9:45 am Stevenson Masters - 5:30-6:30am	5-9:45 am Stevenson	5-9:45 am Stevenson Masters - 5:30-6:30am	5-9:45am Stevenson Masters - 5:30-6:30am	
5:30-6	8-9:30 Expl / Expl Adv 1/2 40 TOTAL all 3 groups	Expl/Expl Adv 1 & 2 - 8-9:30 40 TOTAL all 3 groups	Expl/Expl Adv 1 & 2 - 8-9:30 40 TOTAL all 3 groups	Expl/Expl Adv 1 & 2 - 8-9:30 40 TOTAL all 3 groups	Expl/Expl Adv 1 & 2 - 7:45-9:15am TOTAL 20 Spots all 3 groups	
6-6:30	6:45-9:15am Brook - 6 lanes sr 3/perf group 1	6:45-9:15am Brook - 6 lanes sr 3/perf group 1	6:45-9:15am Brook - 6 lanes sr 3/perf group 1	6:45-9:15am Brook - 6 lanes sr 3/perf group 1	6:45-9:15am Brook - 6 lanes sr 3/perf group 1	6:30-7:30 Beast Mode Crossfit Sr 3/Perf/College/Sr 2 invited
6:30-7	7:45-9:30 Challenge/ Sr 1/ Sr 2 10 TOTAL all 3 groups 9-9:45 Disc Adv - 18 spots	7:45-9:30 Challenge/Sr 1/ Sr 2 - 7:45-9:30 10 TOTAL all 3 groups Disc. Pre 1 & 2 - 9-9:45 18 TOTAL 2 groups	7:45-9:30 Challenge/Sr 1/ Sr 2 - 7:45-9:30 10 TOTAL all 3 groups Disc. Adv 1 & 2 - 9-9:45 18s spots	7:45-9:30 Challenge/Sr 1/Sr 2 - 7:45-9:30 10 TOTAL all 3 groups Disc. Pre 1 & 2 - 9-9:45 18 TOTAL 2 groups		Clear Brook 7-12pm 7-8am Masters
7-7:30		Summer Squad Centerpointe	Summer Squad Centerpointe	Summer Squad Centerpointe	Summer Squad Centerpointe	8-10:15am Sr 3/Perf/College/Sr 2 invited no sign up required
7:30-8		Blue/Black 7:45-8:45am White 9-9:45am	Blue/Black 7:45-8:45am White 9-9:45am	Blue/Black 7:45-8:45am White 9-9:45am	Blue/Black 7:45-8:45am White 9-9:45am	Sr 2/Challenge - 10:15-12pm 30 TOTAL 2 groups
8-8:30						
8:30-9						
9-9:30						
9:30-10						
10-10:30						William 10-1pm Expl/Expl Adv 1 & 2 - 9:45-11:15am 25 TOTAL 3 groups
10:30-11						Disc. Pre & Adv - 11:15-12pm -25 total all 4 groups
11-11:30						Disc. Pre & Adv - 12-12:45 - 25 total all 4 groups
11:30-12					SHAC 11:45-2:15pm Sr 3, Perf, College, invited Sr 2 & Challenge no sign up required	
12-12:30						
12:30-1						
1-1:30						
1:30-2						
2-2:30						
2:30-3	2:45-4pm Beast Mode Sr 3 & Sr Perf, Sr2 invite		2:45-4pm Beast Mode Sr 3 & Sr Perf, Sr 2 invite			
3-3:30						
3:30-4		4:30-7:30pm Williams 5 lanes		4:30-7:30pm Williams 5 lanes	3:30-4:30pm 12 & U-20 spots 4:30-5:30pm 13 & O-20 spots	
4-4:30	ALVIN 4:30-8:15pm Expl 4:30-5:45pm 12 spots Expl Adv 1/2 4:45-6:15 30 TOTAL 2 groups 5:45-8:15pm Challenge/Sr 1/Sr 2 20 spots	POMONA 4:30-6:30pm ALVIN 4:30-8:15pm Disc Pre 4:45-5:30 12 spots 2 groups Disc Adv 4:45-5:45pm 12 spots 2 groups Expl Adv 1/2 4:45-6:15 30 TOTAL 2 groups Challenge/Sr 1/Sr 2 5:45-8:15pm 20 spots all 3 groups Sr 3/perf group 2- drylands at 5:30pm spots reserved 5:30-8:15 Sr 3/perf group 2	ALVIN 4:30-8:15pm Exploratory 4:30-5:45pm 12 spots 1 group Expl Adv 1/2 4:45-6:15 25 TOTAL 2 groups Challenge/Sr 1/Sr 2 5:45-8:15pm 20 spots all 3 groups Sr 3/perf group 2- drylands at 5:30pm spots reserved Sr 3/Perf group 2 - 5:30-8:15	POMONA 4:30-6:30pm ALVIN 4:30-8:15pm Disc Pre 4:45-5:30 12 spots 2 groups Disc Adv 4:45-5:45pm 12 spots 2 groups Expl Adv 1/2 4:45-6:15 30 TOTAL 2 groups Expl Adv 1/2 4:45-6:15 30 TOTAL 2 groups 5:45-8:15pm Challenge/Sr 1/Sr 2 20 spots Sr 3/perf group 2- drylands at 5:45pm spots reserved 5:45-8:15 Sr 3/perf group 2		
4:30-5						
5-5:30						
5:30-6						
6-6:30						
6:30-7						
7-7:30						
7:30-8						
8-8:30						

Beast Mode Dates

June 3,5,8,10,12,15,17,19,24,26,29
July 1,3,6,8,10,15,17

Create the Finish Dates

June 7,9,14,28
July 5,12,19