



## 2023-24 Training Schedule

<b>SUNGOD SWIM CLUB</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior: Gold	AM PM	5:15-7:30am 3:45-6:30pm	5:15-7:30am	3:45-6:30pm	5:15-7:30am	3:45-6:00pm	6:45-9:30am
Senior: Blue	AM PM	3:45-6:30pm	5:15-7:30am	3:45-6:30pm	5:15-7:30am	3:45-6:00pm	6:45-9:30am
Senior: White	AM PM	6:45-8:00pm		6:45-8:00pm		6:45-8:00pm	7:45-9:00am
Junior: Blue	AM PM	3:45-5:30pm	4:45-7:00pm	5:45-7:30am	4:45-7:00pm	5:45-7:30am	5:45-8:00am
Junior: White	AM PM	5:15-7:00pm		5:45-7:30am		5:15-7:00pm	5:45-8:00am
Novice: Blue	AM PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	7:30-9:00am
Novice: White	AM PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	
LTC: Gold	AM PM	5:30-6:45pm		5:30-6:45pm		5:45-7:00pm	
LTC: Blue	AM PM	4:00-5:15pm		4:00-5:15pm			
LTC: White	AM PM	5:30-6:45pm		5:30-6:45pm			
LTC: Intro (4-5pm) (Sessional)	AM PM					4:00-5:00pm	
LTC: Intro (5-6pm) (Sessional)	AM PM					5:00-6:00pm	
LTC: Intro (6-7pm)/Private Sessions (Sessional)	AM PM					6:00-7:00pm	
Regional: White	AM PM		6:45-8:00pm		6:45-8:00pm		6:15-7:30am

\*This schedule is subject to change based on pool/coach time and availability.  
September 6, 2023 - Draft - This schedule may change pending pool allocation