

GATORS SWIMMING - 2024-2025

Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Gators 1		Act 4:50pm 5:00-5:30pm			Act 4:50pm 5:00-5:30pm		
Junior Gators 2	A	Act 3:50pm 4:00-5:00pm			Act 3:50pm 4:00-5:00pm		Act 3:20pm 3:30-4:30pm
	B	Act 3:50pm 4:00-5:00pm			Act 5:20pm 5:30-6:30pm		Act 3:20pm 3:30-4:30pm
Junior Development			Dry Opt 1 5:15-5:50pm 6:00-7:30pm		Act 5:45pm 6:00-7:00pm Dry Opt 2 7:15-8:15pm	Act 5:45pm 6:00-7:30pm	Dry 1:15-2:15pm 2:30-3:30pm
Development			Act 3:45pm 4:00-5:00pm *5:00-6:00pm	Act 3:45pm 4:00-5:00pm Dry 5:30-6:20pm	Act 5:45am 6:00-7:30am	Dry 2:45-3:45pm 4:00-6:00pm	Act 12:45pm 1:00-2:30pm
Senior		Act 3:45pm 4:00-6:00pm	Act 5:45am 6:00-7:30am	Act 3:45pm 4:00-5:00pm Dry 5:30-6:20pm	Act 5:45am 6:00-7:30am	Dry 2:45-3:45pm 4:00-6:00pm	7:00-8:00am
Performance		Act 5:15pm 5:30-7:30pm	Act 3:45pm 4:00-6:00pm Dry 6:15-7:15pm	Act 5:45am 6:00-7:30am Act 3:45pm 4:00-5:00pm	Act 3:45pm 4:00-6:00pm Dry 6:15-7:15pm	Act 5:45am 6:00-7:30am	7:00-9:00am

**Development - Once or Twice each month, Development swimmers will be scheduled to attend small-group technical training 5:00-6:00pm Tuesdays*

Act = Activation - On-deck dynamic warm-up designed to engage specific areas and movements.

Dry = Dryland - Glencoe fitness studios or fitness floor with trainers.