



2026-2027 - Training Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold (7 workouts) 13 & over Performance		Activate - 6:00-6:15am Swim - 6:15-7:45am				Swim - 8:45-10:45 am
	Track - 4:30-5:00pm Swim - 5:00-6:30pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	Mental Train - 4:30-5:00pm Swim - 5:00-6:30pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	
Silver (5 - 6 workouts) 12 & under Performance		Activate - 6:00-6:15am Swim - 6:15-7:45am				Swim - 8:45-10:45 am
	Track - 4:30-5:00pm Swim - 5:00-6:30pm		Mental Train - 4:30-5:00pm Swim - 5:00-6:30pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	
Red (5 workouts) 13 & Over Multi Sport		Activate - 6:00-6:15am Swim - 6:15-7:45am				Swim - 8:45-10:45 am
	Track - 4:30-5:00pm Swim - 5:00-6:30pm			Mental Train - 4:00-4:30pm Swim - 4:30-6:00pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	
Bronze (4 workouts) 11 & under Performance						Swim - 9:15-10:45 am
		Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	Mental Train - 4:30-5:00pm Swim - 5:00-6:30pm		Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	
White (4 workouts) 12 & under Multi Sport						Swim - 9:15-10:45 am
		Dryland - 4:00-4:30pm Swim - 4:30-5:30pm		Mental Train - 4:00-4:30pm Swim - 4:30-5:30pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	
Black (3 workouts) T/Th/F non-competitive						
		Dryland - 4:15-4:30pm Swim - 4:30-5:30pm		Dryland - 4:15-4:30pm Swim - 4:30-5:30pm	Dryland - 4:00-4:30pm Swim - 4:30-6:00pm	
Stage 3 2 X 45 min M/W OR T/TH - non-competitive						
	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	
Stage 2 2 X 45 min M/W OR T/TH non-competitive						
	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	Swim - 4:30 - 5:15pm OR Swim 5:15 - 6:00 pm	
Stage 1 2 X 30 min M/W OR T/TH non-competitive						
	Swim - 4:00 - 4:30pm OR Swim 6:00 - 6:30 pm	Swim - 4:00 - 4:30pm	Swim - 4:00 - 4:30pm OR Swim 6:00 - 6:30 pm	Swim - 4:00 - 4:30pm		
Tater Tots 1 X 30 min Wednesdays non-competitive						
			6:00 - 6:30 pm			
Aqua Abilities 1 X 30 min Mondays non-competitive						
	6:00 - 6:30 pm					