

MAY 31ST - JUNE 6TH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Masters

5:30 to 7 AM
Swim Only

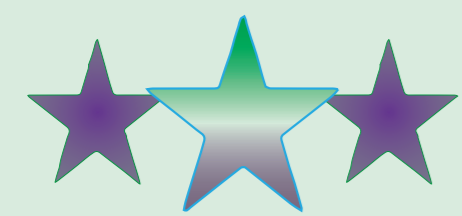
5:30 to 7 AM
Swim Only

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Swim Only

AM



PM

3:45 to 6:45
Land & Swim

OFF

3:45 to 6:45
Land & Swim

8 to 9:15 AM
@ RCC

Mock Meet
@ BHRC

3:45 to 6:15
Land & Swim

BSL Meet
@ Crossplex

Sprint

4 to 6:30 PM
Test Set Swim

OFF

4 to 6:30 PM
Land & Swim

8 to 9:15 AM
@ RCC

Mock Meet
@ BHRC

4 to 6:15 PM
Land & Swim

BSL Meet
@ Crossplex

Streamline

4 to 5 PM
Swim Only

OFF

4 to 5 PM
SWIM ONLY

8:50 to 10 AM
@ RCC

Mock Meet
@ BHRC

4 to 5 PM
Swim Only

BSL Meet
@ Crossplex

*Splash
Squad*

9 to 10 AM
@ RCC

4 to 4:50 PM
@ 24e

OFF

9 to 10 AM
@ RCC

9 to 10 AM
@ RCC

Mock Meet
@ BHRC

9 to 10 AM
@ RCC

OFF

*Strength
&
Conditioning*

6 to 7 AM

6 to 7 AM

6 to 7 AM

6 to 7 AM

6 to 7 AM

6:45 to 7:15 PM
H2O Bootcamp