2026-2027 Keating Winter Schedule

Starts on 10/23/2026 ***(The schedule is subject to change in order to best serve the needs of all groups)***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL	DL 3:50-4:40pm Sw 4:50-6:50pm	Dyn + Sw 5:20-7:00am DL 3:50-4:40pm Sw 4:50-6:50pm	TT 4:00-4:40pm Sw 4:50-6:50pm	DL 3:50-4:40pm Sw 4:50-6:50pm	Dyn + Sw 5:00-7:00am	DL 7:50-8:50am Sw 9:00-11:15am
SENIOR	Dyn 4:55-5:05pm Sw 5:20-7:20pm	Dyn + Sw 5:20-7:00am DL 4:15-5:05pm Sw 5:15-7:15pm	Dyn 4:55-5:05pm Sw 5:20-7:20pm	DL 4:15-5:05pm Sw 5:15-7:15pm	Dyn 4:15pm Sw 4:30-6:30pm	DL 8:00-8:50am Sw 9:00-11:00am
COPPER	DL 4:50-5:10pm Sw 5:15-6:30pm	OFF	DL 4:50-5:10pm Sw 5:15-6:30pm	OFF	Sw 4:30-5:45pm DL 5:55-6:15pm	OFF
BLUE	Dyn 6:30pm Sw 6:40-8:30pm	DL 5:50-6:30pm Sw 6:40-8:30pm	Dyn 6:30pm Sw 6:40-8:30pm	DL 5:50-6:30pm Sw 6:40-8:30pm	Dyn 4:15pm Sw 4:30-6:20pm	Dyn 8:45am Sw 9:00-11:00am DL 11:10-11:55am
GOLD	Sw 7:00-8:30pm	DL 6:20-6:50pm Sw 7:00-8:30pm	OFF	DL 6:20-6:50pm Sw 7:00-8:30pm	Sw 5:45-7:15pm	DL 10:20-10:50am Sw 11:00am-12:30pm
SILVER	DL 6:40-7:10pm Sw 7:15-8:30pm	Sw 7:15-8:30pm	DL 6:40-7:10pm Sw 7:20-8:30pm	Sw 7:10-8:30pm	OFF	DL 10:40-11:10am Sw 11:15am-12:30pm
BRONZE	OFF	DL 4:50-5:10pm Sw 5:15-6:15pm	DL 4:50-5:10pm Sw 5:15-6:15pm	OFF	DL 4:05-4:25pm Sw 4:30-5:30pm	OFF

Key: DL = Dryland, Dyn = Dynamic, Sw = Swim, TT = Team Time