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Schedule From January 8th, 2024 - June 14th, 2024

Dolphins	<u>Mondays</u> 4:45 - 5:15 PM Strength & Conditioning 5:30 - 7:00 PM Fitness Pool	<u>Tuesdays</u> 6:45 - 8:00 PM Splash Pool	<u>Thursdays</u> 6:45 - 8:00 PM Splash Pool	<u>Saturdays</u> 10:15 - 10:45 AM Strength & Conditioning 11:00 AM - 12:30 PM Fitness Pool
Penguins	<u>Mondays</u> 6:15 - 6:45 PM Strength & Conditioning 7:00 - 8:00 PM Splash Pool	<u>Tuesdays</u> 6:00 - 7:00 PM Splash Pool	<u>Thursdays</u> 6:00 - 7:00 PM Splash Pool	<u>Saturdays</u> 10:15 - 10:45 AM Strength & Conditioning 11:00 AM - 12:00 PM Fitness Pool
High School	<u>Mondays</u> 4:45 - 5:15 PM Strength & Conditioning	<u>Tuesdays</u> 6:45 - 8:00 PM Splash Pool	<u>Thursdays</u> 6:45 - 8:00 PM Splash Pool	<u>Saturdays</u> 10:15 - 10:45 AM Strength & Conditioning 11:00 AM - 12:00 PM Fitness Pool