



2022-23 Training Schedule

SUNGOD SWIM CLUB	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Senior: Gold	AM		5:15-7:30am		3:45-6:00pm		5:15-7:30am		3:45-6:00pm		6:45-9:00am, 10:00-11:00am (dry)	
	PM	3:45-6:00pm	3:45-5:00pm (dry)				3:45-5:00pm (dry)					
Senior: Blue	AM		5:15-7:30am		3:45-6:00pm		5:15-7:30am		3:45-6:00pm		6:45-9:00am, 10:00-11:00am (dry)	
	PM	3:45-6:00pm	3:45-5:00pm (dry)				3:45-5:00pm (dry)					
Senior: White	AM				6:45-8:00pm				6:45-8:00pm		7:45-9:00am	
	PM	6:45-8:00pm										
Junior: Blue	AM				5:45-7:30am				5:45-7:30am		5:45-8:00am	
	PM	3:45-5:30pm	4:45-7:00pm				4:45-7:00pm					
Junior: White	AM				5:45-7:30am				5:15-7:00pm		5:45-8:00am	
	PM	5:15-7:00pm										
Novice: Blue	AM				5:45-7:00pm				5:45-7:00pm		7:30-9:00am	
	PM	5:45-7:00pm										
Novice: White	AM				5:45-7:00pm				5:45-7:00pm			
	PM	5:45-7:00pm										
LTC: Gold	AM				5:30-6:45pm							
	PM	5:30-6:45pm										
LTC: Blue	AM				4:00-5:15pm							
	PM	4:00-5:15pm										
LTC: White	AM				5:30-6:45pm							
	PM	5:30-6:45pm										
LTC: Intro (4-5pm) (Sessional)	AM								4:00-5:00pm			
	PM											
LTC: Intro (5-6pm) (Sessional)	AM								5:00-6:00pm			
	PM											
LTC: Intro (6-7pm)/Private Sessions (Sessional)	AM								6:00-7:00pm			
	PM											
Regional: White	AM				6:45-8:00pm				6:45-8:00pm		6:15-7:30am	
	PM											

*This schedule is subject to change based on pool/coach time and availability.
September 8, 2022 - Draft - This Schedule may Change pending pool allocation