



SUNGOD SWIM CLUB

## 2024-25 Training Schedule

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

\*This schedule is subject to change based on pool/coach time and availability.

May 12, 2024 - Draft - This schedule may change pending pool allocation