

**FEBRUARY 2024**  
**TRAINING SCHEDULE CHANGES DUE TO KINSMEN EVENTS**

	Mon Feb 12	Tue Feb 13	Wed Feb 14	Thu Feb 15	Fri Feb 16	Sat Feb 17	Sun Feb 18
Sr Nat	NORMAL TRAINING SCHEDULES				5:45-7:30am	7:00-9:00am	
					3:00-5:00pm	5:30-7:30pm	
Jr Nat					5:00-6:30pm	OFF (extra swim Mon)	
Sr Prov					Normal (Bonnie D)	OFF (extra swim Mon)	
Jr Prov					6:30-8:00pm	Normal (YMCA)	
Gold (Kin, JP)					4:00-5:30pm (Bonnie D)		
Silver (JP)					4:15-5:30pm (Bonnie D)		
					WATER POLO EVENT	WATER POLO EVENT	WATER POLO EVENT

	Mon Feb 19	Tue Feb 20	Wed Feb 21	Thu Feb 22	Fri Feb 23	Sat Feb 24	Sun Feb 25
Sr Nat	8:00-10:00am	Normal	NORMAL TRAINING SCHEDULES				
	2:30-4:30pm	Normal					
Jr Nat	10:00-noon	Normal					
	4:30-6:30pm						
Sr Prov	4:30-6:30pm	6:30-8:00pm (Kinsmen)					
Jr Prov	10:00-noon	Normal					
Gold (Kin, JP)	OFF	OFF					
Silver (JP)	OFF	OFF					
	FAMILY DAY (Dev OFF)	PD DAY (Dev OFF)			ARTISTIC SWIM EVENT	ARTISTIC SWIM EVENT	ARTISTIC SWIM EVENT

	Mon Feb 26	Tue Feb 27	Wed Feb 28	Thu Feb 29	Fri Mar 1	Sat Mar 2	Sun Mar 3
Sr Nat	NORMAL TRAINING SCHEDULES				5:45-7:30am	TBD (2hrs b/w meet)	
					PM OFF		
Jr Nat					4:00-5:30pm (Bonnie D)	TBD (2hrs b/w meet)	
Sr Prov					5:30-7:00pm (Bonnie D)	OFF (AB Champs swim /w Jr Nat)	
Jr Prov					5:30-7:00pm (Bonnie D)	Normal (YMCA)	
Gold (Kin, JP)					OFF		
Silver (JP)					OFF		
				TEACHERS' CONVENTION (Dev groups OFF)	AB TRIALS	AB TRIALS	