

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SR 1	4:00-6:30 PM (SWIM)	5:15-7:15 AM (DRYLAND + SWIM) 4:00-6:30 PM (SWIM)	4:00-6:30 PM (SWIM)	5:15-7:15 AM (DRYLAND + SWIM) 4:00-6:30 PM (SWIM)	4:00-6:30 PM (DRYLAND + SWIM)	7:00-9:30 AM** (SWIM)	OFF
SR 2	4:00-6:15 PM (DRYLAND + SWIM)	5:45-7:00 AM (DRYLAND) 4:00-6:15 PM (SWIM)	OFF	4:00-6:15 PM (SWIM)	5:30-7:00 AM (DRYLAND + SWIM) 4:00-6:15 PM (SWIM)	9:15-11:45 AM** (SWIM)	3:15-6:00 PM (DRYLAND + SWIM)
SR 3	5:45-8:00 PM (DRYLAND + SWIM)	5:30-7:15 AM (SWIM)	4:00-6:15 PM (DRYLAND + SWIM)	7:30-9:45 PM (DRYLAND + SWIM)	6:30-8:15 PM (SWIM)	7:00-9:00 AM (SWIM)	OFF
AG 1 GOLD	5:30-7:15 AM (SWIM)	5:45-8:15 PM (DRYLAND + SWIM)	6:15-8:15 PM (SWIM)	5:45-8:15 PM (DRYLAND + SWIM)	6:00-8:00 PM (SWIM)	8:45-11:30 AM** (DRYLAND + SWIM)	OFF
AG 1 GREEN	7:45-9:15 PM (SWIM)	7:15-9:15 PM (DRYLAND + SWIM)	7:45-9:15 PM (SWIM)	7:15-9:15 PM (DRYLAND + SWIM)	6:30-8:00 PM (SWIM)	9:00-10:30 AM (SWIM)	OFF
AG 2 GOLD	5:45-7:45 PM (DRYLAND + SWIM)	6:15-7:45 PM (SWIM)	5:45-7:45 PM (DRYLAND + SWIM)	6:15-7:45 PM (SWIM)	5:45-7:45 PM (DRYLAND + SWIM)	9:00-10:30 AM (SWIM)	OFF
AG 2 GREEN	7:00-8:45 PM (DRYLAND + SWIM)	7:30-8:45 PM (SWIM)	OFF	7:00-8:45 PM (DRYLAND + SWIM)	7:00-8:15 PM (SWIM)	10:30-11:45 AM (SWIM)	6:00-7:45 PM (DRYLAND + SWIM)
AG 3 GOLD	6:15-7:30 PM (DRYLAND + SWIM)	5:50-7:30 PM (DRYLAND + SWIM)	6:15-7:30 PM (DRYLAND + SWIM)	5:50-7:30 PM (DRYLAND + SWIM)	4:15-5:30 PM (SWIM)	10:30-11:45 AM (SWIM)	OFF
AG 3 GREEN	3:15-4:15 PM 6:00-7:00 PM	3:15-4:15 PM 6:00-7:00 PM	3:15-4:15 PM 6:00-7:00 PM	3:15-4:15 PM 6:00-7:00 PM	3:15-4:15 PM 6:00-7:00 PM	9:00-10:00 AM 10:00-11:00 AM	OFF
MASTERS	7:30-9:00 AM	OFF	7:30-9:00 AM	OFF	7:30-9:00 AM	OFF	OFF

**Practices held at Chamblee Pool

**** NOTE THAT AG 3 GREEN FAMILIES LOCK INTO EITHER A M/W/F OR T/TH/S OPTION