

		Mon		Tues		Wed		Thurs		Fri		Sat
		am	pm	am	pm	am	pm	am	pm	am	pm	am
Silver	SWIM	6-7:30	5:30-7	6-7:30	-	5:30-7	4-6	-	4-6	6-7:30	-	5:30-7:30
		NAC	NAC	NAC	-	NAC	NAC	-	NAC	AUTM	-	AUTM
		3x50	3x50	3x25	-	2x50	3x50	-	5x25	3x25	-	3x50
	LAND	-	Dryland - 4:45-5:15	-	-	Gym - 7:15-8	-	-	-	-	-	Gym - 7:45-9