

Monday						
Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
5:00-8:00 AM			Poseidon: Age Group/Senior/Junior/Blue/White 5:30-7:15 am			
8:00-8:30 AM						
8:30-9:00 AM	8:30-9:30 AM Water In Motion					
9:00-9:30 AM						
9:30-10:00 AM						
10:00-10:30 AM						
10:30-11:00 AM			James River HS Winter Break Swim Team Practice (12/18-12/29) 10:45-11:45 am			
11:00 AM-12:00 PM						
12:00-2:30 PM					Poseidon 1:15-2:30 pm	
2:30-3:00 PM			James River HS Swim Team 2:30-3:30 pm (except 12/18-12/29)			
3:00-3:30 PM						
3:30-4:00 PM					Blessed Sacrament 3:30-4:30 pm	
4:00-4:30 PM						
4:30-5:00 PM			Poseidon: 4:45-6:00 pm			
5:00-5:30 PM						
5:30-6:00 PM						
6:00-6:30 PM	6:00-7:00 PM Aqua Zumba					
6:30-7:00 PM						
7:00-7:30 PM			Poseidon: 7:00-8:45 pm			
7:30-8:00 PM						
8:00-8:30 PM						
8:30-9:00 PM						
9:00-10:00 PM						

Tuesday						
Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
5:00-6:00 AM			Poseidon 5:00-6:00 AM			
6:00-6:30 AM					6:00 AM-7:00 AM Masters Swimming	
6:30-7:00 AM						
7:00-7:30 AM						
7:30-8:00 AM						
8:00-8:30 AM						
8:30-9:00 AM	8:30-9:30 AM Deep H2O					
9:00-9:30 AM						
9:30-10:00 AM	9:45-10:45 AM H2O Gentle					
10:00-10:30 AM						
10:30-11:00 AM			James River HS Winter Break Swim Team Practice (12/18-12/29) 10:45-11:45 am			
11:00 AM-12:00 PM						
12:00-2:30 PM					Poseidon 1:15-2:30 pm	
2:30-3:00 PM			James River HS Swim Team 2:30-3:30 pm (except 12/18-12/29)			
3:00-3:30 PM						
3:30-4:00 PM			Poseidon 3:30-5:00 pm		Blessed Sacrament 3:30-4:30 pm	
4:00-4:30 PM					Swim Clinics	
4:30-5:00 PM						
5:00-5:30 PM			Swim Clinics 10 & Under 4:30-5:30 pm 10 & Up 5:30-6:30 pm No Clinics 12/26		Poseidon 5:00-8:15 pm	
5:30-6:00 PM						
6:00-6:30 PM						
6:30-7:00 PM			Poseidon 5:00-8:15 pm			
7:00-7:30 PM						
7:30-8:00 PM						
8:00-8:30 PM						
8:30-9:00 PM						
9:00-10:00 PM						

Wednesday

Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
5:00-8:00 AM			Poseidon: 5:30-7:15 am			
8:00-8:30 AM						
8:30-9:00 AM	8:30-9:30 AM H2O Aerobics					
9:00-9:30 AM						
9:30-10:00 AM						
10:00-10:30 AM						
10:30-11:00 AM			James River HS Winter Break Swim Team Practice (12/18-12/29) 10:45-11:45 am			
11:00 AM-12:00 PM						
12:00-2:30 PM					Poseidon 1:15-2:30 pm	
2:30-3:00 PM			James River HS Swim Team 2:30-3:30 pm (except 12/18-12/29)			
3:00-3:30 PM						
3:30-4:00 PM					Blessed Sacrament 3:30-4:30 pm	
4:00-4:30 PM						
4:30-5:00 PM			Poseidon: 4:30-6:00 pm			
5:00-5:30 PM						
5:30-6:00 PM						
6:00-6:30 PM	6:00-7:00 PM Water in Motion					
6:30-7:00 PM						
7:00-7:30 PM			Poseidon: 7:00-8:45 pm			
7:30-8:00 PM						
8:00-8:30 PM						
8:30-9:00 PM						
9:00-10:00 PM						



Thursday

Friday

[illegible]

Saturday

Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
7:00-7:30 AM						
7:30-8:00 AM						
8:00-8:30 AM					8:00 am-9:00 am Masters Swimming Inside in case of inclement weather	
8:30-9:00 AM						
9:00-9:30 AM					Poseidon 9:00 AM-12:00 PM No practice 12/2	
9:30-10:00 AM	9:30-10:30 AM AquaZumba					
10:00-10:30 AM						
10:30-11:00 AM						
11:00-11:30 AM						
11:30 AM-12:00 PM						
12:00-12:30 PM						
12:30-1:00 PM						
1:00-1:30 PM						
1:30 PM-8:00 PM						

Sunday

Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
8:00 AM-1:00 PM						
1:00-1:30 PM						
1:30-2:00 PM						
2:00-2:30 PM						
2:30-3:00 PM			Poseidon: 2:30-7:00 pm No practice 12/24 and 12/31			
3:00-3:30 PM						
3:30-4:00 PM						
4:00-4:30 PM						
4:30-5:00 PM						
5:00-5:30 PM						
5:30-6:00 PM						
6:00-6:30 PM						
6:30-7:00 PM						
7:00-7:30 PM						
7:30-10:00 PM						