

PERFORMANCE CENTER SCHEDULE

Fall 2021 (Effective 8/16/21)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00AM		COOL Swim Advanced		COOL Swim Elite	
9:00-10:00AM	Adult LIFT	Adult F.I.T	Adult LIFT	Adult F.I.T	Adult LIFT
11:30-3:00pm	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT
3:45-4:45pm	Varsity Speed Development	Varsity Speed Development	Varsity Recovery Session/Make-up Lifts	Varsity Speed Development	Varsity Speed Development
3:45-5:15pm	Varsity Sports Performance	Varsity Sports Performance		Varsity Sports Performance	Varsity Sports Performance
5:15-6:15pm	ACL (5:00-6:00) Adult LIFT	Adult LIFT	ACL (5:00-6:00) Season Varsity LIFT	Adult LIFT	
6:15-7:15pm	Beginner Sports Performance	Beginner Sports Performance		Beginner Sports Performance	
6:15-7:45pm	Intermediate Sports Performance	Intermediate Sports Performance		Intermediate Sports Performance	

