

# PERFORMANCE CENTER SCHEDULE

Summer 2021 Hours - Effective June 7th, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00-8:00AM</b>						
<b>9:00-10:00AM</b>	Adult LIFT	Adult F.I.T	Adult LIFT	Adult F.I.T	Adult LIFT	
<b>9:00-10:00am</b>	Youth Speed School	Youth Speed School		Youth Speed School		
<b>9:00-10:30am</b>	Beginner/Intermediate Sports Performance	Beginner/Intermediate Sports Performance		Beginner/Intermediate Sports Performance		
<b>10:30-11:30am</b>	<b>COOL SWIM (Newbies)</b>		<b>COOL SWIM (Advanced/Elite)</b>		<b>COOL SWIM (Elite)</b>	
<b>11:30-1:30pm</b>	<b>OPEN LIFT</b>	<b>OPEN LIFT</b>	<b>OPEN LIFT</b>	<b>OPEN LIFT</b>	<b>OPEN LIFT</b>	
<b>1:15-2:15pm</b>						
<b>2:15-3:15pm</b>	Varsity Speed Development	Varsity Speed Development	Varsity Recovery Session/Make-up Lifts	Varsity Speed Development	Varsity Speed Development	
<b>2:15-3:45pm</b>	Varsity Sports Performance	Varsity Sports Performance		Varsity Sports Performance	Varsity Sports Performance	
<b>3:45-4:45pm</b>	Youth Speed School	Youth Speed School		Youth Speed School		
<b>3:45-5:15pm</b>	Beginner/Intermediate Sports Performance	Beginner/Intermediate Sports Performance		Beginner/Intermediate Sports Performance		
<b>5:15-6:15pm</b>	Adult LIFT	Adult LIFT ACL (5:30)		Adult LIFT ACL (5:30)		