Westhill Pool Schedule: May 1st - June 15th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Black/ Red	Black	Red/White	Black	May 3rd, 10th Clinics:
	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Orca
	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Activation: 9:15-9:30am
May 12th- Minis start					Swim: 9:30-10:30am
May 19th - No practice					
				June 13th - No practice for Minis and Orcas	White
					On-Land Work or Videos etc.: 10:00-10:30am
MINIs 1		MINIs 1		MINIs 1	Swim: 10:30-11:30am
Activation: 4:15-4:30pm		Activation: 4:15-4:30pm		Activation: 4:15-4:30pm	
Swim: 4:30-5:00pm		Swim: 4:30-5:00pm		Swim: 4:30-5:00pm	
MINIs 2		MINIs 2		MINIs 2	Red
Activation: 4:45-5:00pm		Activation: 4:45-5:00pm		Activation: 4:45-5:00pm	On-Land Work or Videos etc.: 11:00-11:30am
Swim: 5:00-5:30pm		Swim: 5:00-5:30pm	May 8th: Red and Black Meet (Team Time Trial 4:00-9:00pm)	Swim: 5:00-5:30pm	Swim: 11:30-12:30pm
Orca	Orca	Orca	Orca	Orca	
Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Black
Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	On-Land Work or Videos etc.: 12:00pm-12:15pm
					Swim: 12:30pm-1:30pm
White	White	White	White	White	
Dryland: 5:00-5:30pm	Dryland: 5:15-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:15-5:30pm	Dryland: 5:00-5:30pm	
Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	
Black	Black	Pad	Black	Pad	
Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	
Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	
544111 0.50 7.50 pm	Swim cise 7.50 pm	Summ cise 7.50 pm	Swim olse rise pin	Swim olse 7150 pm	
Red	Red	Black	Red	Black	
Dryland: 7:00-7:30pm	Dryland: 7:00-7:30pm	Dryland: 7:00-7:30pm	Dryland: 7:00-7:30pm	Dryland: 7:00-7:30pm	
Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	
· ·	·	·	·		
Masters		Masters	Masters		
Activation: 8:15-8:30pm		Activation: 8:15-8:30pm	Activation: 8:15-8:30pm	7	
Swim: 8:30-9:30 pm		Swim: 8:30-9:30 pm	Swim: 8:30-9:30 pm		
		· .	·		
	•	•	·	•	•