

| Stroke Development |       |       |        |          |               |
|--------------------|-------|-------|--------|----------|---------------|
| Day                | AM/PM | Start | Finish | Duration | Coach         |
| Monday             | PM    | 3:30  | 4:30   | 1:00     | Shaeli Brewer |
| Tuesday            | PM    | 4:30  | 5:30   | 1:00     | Shaeli Brewer |
| Wednesday          | PM    | 4:00  | 5:00   | 1:00     | Riccardo Pini |
| Thursday           | PM    | 4:30  | 5:30   | 1:00     | Shaeli Brewer |
| Friday             | PM    | 3:45  | 4:45   | 1:00     | Shaeli Brewer |
| Saturday           | AM    | 9:00  | 10:00  | 1:00     | Travis Hudson |

| Stroke Tech |       |       |        |          |               |
|-------------|-------|-------|--------|----------|---------------|
| Day         | AM/PM | Start | Finish | Duration | Coach         |
| Monday      | PM    | 4:30  | 5:30   | 1:00     | Travis Hudson |
| Tuesday     | PM    | 3:30  | 4:30   | 1:00     | Travis Hudson |
| Wednesday   | PM    | 5:00  | 6:00   | 1:00     | Riccardo Pini |
| Thursday    | PM    | 3:30  | 4:30   | 1:00     | Travis Hudson |
| Friday      | PM    | 4:00  | 5:00   | 1:00     | Travis Hudson |
| Saturday    | AM    | 9:00  | 10:00  | 1:00     | Travis Hudson |

| Regional  |       |            |        |          |               |
|-----------|-------|------------|--------|----------|---------------|
| Day       | AM/PM | Start      | Finish | Duration | Coach         |
| Monday    | AM    | No session |        |          |               |
| Monday    | PM    | 5:30       | 7:00   | 1:30     | Travis Hudson |
| Tuesday   | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Tuesday   | PM    | 5:30       | 7:00   | 1:30     | Riccardo Pini |
| Wednesday | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Wednesday | PM    | No session |        |          |               |
| Thursday  | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Thursday  | PM    | 5:30       | 7:00   | 1:30     | Travis Hudson |
| Friday    | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Friday    | PM    | 5:00       | 6:30   | 1:30     | Travis Hudson |
| Saturday  | AM    | 9:00       | 10:00  | 1:00     | Travis Hudson |

| National  |       |            |        |          |               |
|-----------|-------|------------|--------|----------|---------------|
| Day       | AM/PM | Start      | Finish | Duration | Coach         |
| Monday    | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Monday    | PM    | 5:30       | 7:00   | 1:30     | Riccardo Pini |
| Tuesday   | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Tuesday   | PM    | 5:30       | 7:00   | 1:30     | Riccardo Pini |
| Wednesday | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Wednesday | PM    | No session |        |          |               |
| Thursday  | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Thursday  | PM    | 5:30       | 7:00   | 1:30     | Riccardo Pini |
| Friday    | AM    | 6:00       | 7:30   | 1:30     | Riccardo Pini |
| Saturday  | AM    | 9:00       | 10:00  | 1:00     | Travis Hudson |

## Aqua Fit

| Day       | AM/PM | Start | Finish | Duration | Coach         |
|-----------|-------|-------|--------|----------|---------------|
| Monday    | PM    | 4:30  | 5:30   | 1:00     | Travis Hudson |
| Tuesday   | PM    | 3:30  | 4:30   | 1:00     | Travis Hudson |
| Wednesday | PM    | 5:00  | 6:00   | 1:00     | Travis Hudson |
| Thursday  | PM    | 3:30  | 4:30   | 1:00     | Travis Hudson |
| Saturday  | AM    | 9:00  | 10:00  | 1:00     | Travis Hudson |

## Senior/Adult Fit

| Day       | AM/PM      | Start | Finish | Duration | Coach         |
|-----------|------------|-------|--------|----------|---------------|
| Monday    | No session |       |        |          |               |
| Tuesday   | AM         | 6:00  | 7:30   | 1:30     | Riccardo Pini |
| Wednesday | AM         | 6:00  | 7:30   | 1:30     | Riccardo Pini |
| Thursday  | AM         | 6:00  | 7:30   | 1:30     | Riccardo Pini |
| Friday    | AM         | 6:00  | 7:30   | 1:30     | Riccardo Pini |