

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	Shaeli Brewer
Thursday	PM	4:30	5:30	1:00	Riccardo Pini
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	Shaeli Brewer
Tuesday	PM	3:30	4:30	1:00	Shaeli Brewer
Wednesday	PM	5:00	6:00	1:00	Shaeli Brewer
Thursday	PM	3:30	4:30	1:00	Riccardo Pini
Friday	PM	4:00	5:00	1:00	Shaeli Brewer
Saturday	AM	9:00	10:00	1:00	Travis Hudson

Regional					
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	Travis Hudson
Tuesday	AM	6:00	7:30	1:30	Riccardo Pini
Tuesday	PM	5:30	7:00	1:30	Travis Hudson
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 / Travis
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
Friday	PM	5:00	6:30	1:30	Shaeli Brewer
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