

| 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 | 4:00 | 5:00 | 1:00 | Shaeli Brewer |
| Saturday | AM | No session | | | |

| 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 | Riccardo Pini |
| Saturday | AM | No session | | | |

| 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 | Shaeli Brewer |
| Tuesday | AM | 6:00 | 7:30 | 1:30 | Riccardo Pini |
| Tuesday | PM | 5:30 | 7:00 | 1:30 | Shaeli Brewer |
| 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 | Shaeli Brewer |
| Friday | AM | 6:00 | 7:30 | 1:30 | Riccardo Pini |
| Friday | PM | 5:00 | 6:30 | 1:30 | Shaeli Brewer |
| Saturday | AM | No session | | | |

| 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 |
| Friday | PM | 5:00 | 6:30 | 1:30 | Riccardo Pini |
| Saturday | AM | No session | | | |

| Aqua Fit | | | | | |
|-----------|-------|------------|--------|----------|---------------|
| 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 | No session | | | |
| Saturday | AM | No session | | | |

| Senior/Adult Fit | | | | | |
|------------------|-------|-------|--------|----------|---------------|
| Day | AM/PM | Start | Finish | Duration | Coach |
| Monday | AM | 6:00 | 7:30 | 1:30 | Riccardo Pini |
| 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 |