

Total Aquatic Solutions - Session Schedule - Summer 2012 - T1

	Tritons Youth Performance	Tritons JX-District	Junior	Development	Fitness	Tritons Club Squad	MSQ	LTS
	Performance Coach - Matthew Byrne Assistant Coaches - Margie Moore & Gary Bowman		Carl Wilson / Gary Bowman	Carl Wilson / Gary Bowman	Carl Wilson	Carl Wilson	Barbara Smith Gary Bowman	Staff
Monday AM	5.00-7.00 @CSC Swim	Off						
Monday PM	4.30-6.30 @Aquarena Dryland - Swim	5.00-6.30 @Aquarena Swim	6.00-7.00 @CSC Swim	5.00-6.00 @CSC Swim				5.00-7.00
Tuesday AM	5.00-7.00 @CSC Swim	5.00-7.00 @CSC Swim						
Tuesday PM	4.30-6.00 @CSC Gym - Circuit	5.30-7.30 @CSC Dryland - Swim			6.00-7.00 @CSC Swim	6.00-7.00 @CSC Swim-Drills-Skills	4.00-6.00	4.00-6.00
Wednesday AM	Off	Off						
Wednesday PM	4.30-6.30 @Aquarena Dryland - Swim	Off	6.00-7.00 @CSC Swim	5.00-6.00 @CSC Swim			5.00-6.00	5.00-7.00
Thursday AM	5.00-7.00 @CSC Swim	5.00-7.00 @CSC Swim						
Thursday PM	4.30-6.30 @Aquarena Dryland - Swim	5.00-6.30 @Aquarena Dryland - Swim					5.00-7.00	5.00-7.00
Friday AM	5.00-7.00 @CSC Swim - Skills	Off						
Friday PM	4.30-6.00 @CSC Gym - Circuit	4.30-6.30 @CSC Dryland-Swim	5.00-6.00 @CSC Swim	4.00-5.00 @CSC Swim	5.30-6.30 @CSC Swim			4.00-6.00
Saturday AM	6.00-8.00 @CSC Swim	6.00-8.00 @CSC Swim - State QT's Only						