

**Legends Swimming  
Tentative 2010-2011 Training Schedule**

**Little Legends Monday/Wednesday**

Monday	3:25-4:45pm	Aquarena
Wednesday	3:25-4:45pm	Aquarena

**Little Legends Tuesday/Thursday**

Tuesday	3:25-4:45pm	Aquarena
Thursday	3:25-4:45pm	Aquarena

**Age Group Fundamentals**

Monday	3:15-5:45pm	Aquarena
Wednesday	3:15-5:15pm	MUN Pool
Thursday	3:15-5:00pm	Aquarena
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Age Group Introduction**

Tuesday	4:15-6:30pm	MUN Pool
Wednesday	3:15-5:45pm	Aquarena
Friday	4:45-6:30pm	MUN Pool
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Age Group Youth**

Tuesday	3:15-5:45pm	MUN Pool
Wednesday	3:15-5:15pm	MUN Pool
Friday	3:15-5:15pm	Aquarena
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Age Group Development**

Monday	3:15-5:15pm	MUN Pool
Tuesday	5:45-7:30am	Aquarena
Wednesday	3:15-5:45pm	Aquarena
Friday	4:45-6:30pm	MUN Pool
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Age Group Performance**

Monday	3:15-5:45pm	Aquarena
Tuesday	5:45-7:30am	Aquarena
Wednesday	3:15-5:45pm	Aquarena
Thursday	5:45-7:30am	MUN Pool
Friday	3:15-5:15pm	Aquarena
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Top 3**

Monday	5:45-7:30am	Aquarena
Tuesday	3:15-6:00pm	MUN Pool
Wednesday	3:15-5:45pm	Aquarena
Thursday	5:45-7:30am	Aquarena
Friday	3:15-5:15pm	MUN Pool
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Top 2**

Monday	5:45-7:30am	Aquarena
	3:15-6:00pm	Aquarena
Tuesday	3:15-5:45pm	Aquarena
Wednesday	5:45-7:30am	Aquarena
Thursday	3:15-5:45pm	Aquarena
Friday	3:15-5:15pm	MUN Pool
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**Top 1**

Monday	3:15-6:00pm	Aquarena
Tuesday	5:45-7:30am	MUN Pool
	4:00-6:30pm	Weights / MUN Pool
Wednesday	3:15-5:30pm	Aquarena
Thursday	5:45-7:30am	Aquarena
	3:45-6:00pm	Weights / Aquarena
Friday	3:15-5:15pm	Aquarena
Saturday	7:15-10:15am	Mun Gym / Aquarena

**Youth National**

Monday	5:45-7:30am	Aquarena
	3:30-6:45pm	MUN Pool
Tuesday	3:15-5:45pm	Aquarena
Wednesday	5:45-7:30am	Aquarena
Thursday	3:15-5:45pm	Aquarena
Friday	5:45-7:30am	Aquarena
	3:15-5:15pm	MUN Pool
Saturday	6:30-9:00am	Aquarena (to 9:30am in Sept/Oct/May/June)

**National**

Monday	5:45-7:45am 3:30-6:45pm	Weights / MUN Pool MUN Pool
Tuesday	3:15-5:45pm	Aquarena
Wednesday	5:45-7:30am	Aquarena
Thursday	3:15-5:45pm	Aquarena
Friday	5:45-7:30am 3:15-5:15pm	Aquarena Aquarena
Saturday	7:15-10:15am	Weights / Aquarena
Plus 1 of the following...		
Tuesday	5:45-7:30am	Aquarena
Wednesday	4:45-6:30pm	MUN Pool
Saturday	4:00-6:00pm	MUN Pool