

Saline Stingrays

Training Schedule: Monday 10/7- Sunday 10/20

Please note:

- REC Center is still having facility issues and is closed until further notice. Training, whenever possible will be moved to SHS for the REC center groups.
- Please read carefully, the REC center closing has spurned us to alter many sessions.
- **Highlighted sessions** represent a session, which deviates from the typical schedule.

Mon 10/7	Tue 10/8	Wed 10/9 NO REC CEN	Thu 10/10	Fri 10/11	Sat 10/12	Sun 10/13*
Platinum: Land 4-5 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 5:30-6:30 pm	PLATINUM: Land 4-5 pm To train in diving well during meet between races.	NO TRAINING: Home Polo Match	NO TRAINING: Home Polo Match	PLATINUM: Water 1:30-3 pm
No Water Work: Home Polo Match	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm GOLD: Land 4:15 pm Water 5-6:30 pm SILVER: 6:30-7:30 pm SHS BRONZE: 6:30-7:30 pm	GOLD PLUS Land 5:30-6:30 pm	SMSL Home Meet v. Milan	No REC Center: Facility Conflict		GOLD PLUS: Water 1:30-3 pm GOLD: Water 1:30-3 pm SILVER: Water 3-4 pm BRONZE: Water 3-4 pm
Mon 10/ 14	Tue 10/14 NO REC CEN	Wed 10/15 NO REC CEN	Thu 10/16	Fri 10/17 NO REC CEN	Sat 10/18	Sun 10/19
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4- 5 pm	PLATINUM: Land 4 pm Water 5-7 pm	No TRAINING USA Swimming SMAC Swim Meet @ Saline High School Details to be distributed to USA Swimming registered Famlies.	
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	No Pool: HS Girls Home Swim Meet	GOLD PLUS: Water 5-6:30 pm		
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm		GOLD: Water 5-6:30 pm		
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm		SILVER: 6:30-7:30 pm		
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm		BRONZE: 6:30-7:30 pm		
Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm				