

SENIOR CHAMPS WARM UP SCHEDULE- USE BOTH POOLS

THURSDAY START 5:00 PM

General Warmup 12 lanes 3:30-4:30pm

Specific 4:30-4:50pm (BOTH POOLS)

Pace 1/6

Sprint 2/3/5

Circle 4

FRIDAY/SATURDAY/SUNDAY START 9:00

General Warmup 12 lanes 7:00-8:30 AM

Specific 8:30-8:50pm- (BOTH POOLS)

Pace 1/6

Sprint 2/3/5

Circle 4

SUNDAY DISTANCE- START 1:30PM

SOUTH POOL WILL BE OPEN FOR WARMUP DURING REGULAR SESSION