



Dryland Schedule
To Begin Week of 9/29/25

DAY	GROUP	TIME	LOCATION	COACH
Monday	Discovery 3 Blue	4:30-5:00pm	Studio A	Coach J
Tuesday	Challenger 2 Discovery 1	4:30-5:00pm	Studio A	Coach Matt
Tuesday	Discovery 2	5:45-6:15pm	Studio A	Coach Matt
Tuesday Thursday	Senior 1	6:00-7:00am	The Zone	Coach J
Wednesday	Senior 2	6:00-7:00am	The Zone	Coach J
Thursday	Challenger 1 Senior 3	5:30-6:15pm	The Zone	Coach J

All swimmers must be in proper attire for dryland, including athletic sneakers (no crocs)