



TSM TRAINING SCHEDULE [AUG 21- DEC 16 2023]

White

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMOHI (PM) 4:45-5 (self care) 5-6 (swim)	SAMOHI (PM) 4:45-5 (self care) 5-6 (swim)	SAMOHI (PM) 4:45-5 (self care) 5-6 (swim)	SAMOHI (PM) 5:15-5:30 (self care) 5:30-6:30 (swim)	SMSC (PM) 3:45-4 (self care) 4-4:45 (swim)	SMSC (AM) 8:45-9 (self care) 9-10 (swim)

Pink

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (PM) 5:45-6 (self care) 6-7:15 (swim)	SMSC (PM) 5:45-6 (self care) 6-7:15 (swim)	SMSC (PM) 5:45-6 (self care) 6-7:15 (swim)	SMSC (PM) 5:45-6 (self care) 6-7:15 (swim)	SMSC (PM) 3:45-4 (self care) 4-5 (swim)	SMSC (AM) 8:45-9 (self care) 9-10 (swim)

Red

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMOHI (PM) 4:45-5 (self care) 5-6:30 (swim)	SAMOHI (PM) 4:45-5 (self care) 5-6:30 (swim)	SAMOHI (PM) 4:15-4:30 (self care) 4:30-6 (swim)	SAMOHI (PM) 5:15-5:30 (self care) 5:30-7 (swim)	SAMOHI (PM) 4:45-5 (self care) 5-6:30 (swim)	SMSC (AM) 8:45-9 (self care) 9-10:30 (swim)

Blue

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMOHI (PM) 6-6:15 (self care) 6:15-8 (swim)	SAMOHI (PM) 6-6:15 (self care) 6:15-8 (swim)	SAMOHI (PM) 5:45-6 (self care) 6-7:45 (swim)	SAMOHI (PM) 5:15-5:30 (self care) 5:30-7:15 (swim)	SAMOHI (PM) 6-6:15 (self care) 6:15-8 (swim)	SMSC (AM) 8:45-9 (self care) 9-10:45 (swim)

Purple (AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				SMSC (AM) 5:15-5:30 (self care) 5:30-7:30 (swim)	SMSC (AM) 6-6:30 (self care) 6:30-9 (swim)
SMSC (PM) 3:45-4 (self-care) 4-6 (swim)	SMSC (PM) 3:45-4 (self-care) 4-6 (swim)	SMSC (PM) 3:45-4 (self-care) 4-6 (swim)	SMSC (PM) 3:45-4 (self-care) 4-6 (swim)	SMSC (PM) 4:30-5 (self-care) 5-7 (swim)	

Purple (PM)