

	National Development	State Junior	District	JX
<b>Monday AM</b>	5:00am - 7:00am (Swim)			
<b>Monday PM</b>	5:00pm - 6:00pm (Gym) 6:00pm - 7:30pm (Swim)	6:00pm - 7:30pm (Swim)	6:00pm - 7:30pm (Swim)	6:00pm - 7:30pm
<b>Tuesday PM</b>	6:00pm - 8:00pm (Dryland/Swim) <b>AQUARENA</b>	6:00pm - 8:00pm (Dryland/Swim) <b>AQUARENA</b>	6:00pm - 7:30pm (Swim)	
<b>Wednesday PM</b>	5:00pm – 6:30 pm (Swim)	6:30pm – 8:00pm (Swim)	6:30pm – 8:00pm (Swim)	6:00pm - 7:30pm
<b>Thursday PM</b>	5:30pm - 7:30pm (Dryland/Swim)	5:30pm - 7:30pm (Dryland/Swim)	6:00pm - 7:30pm (Swim)	
<b>Friday AM</b>	5:30am - 7:00am (Swim)	5:30am - 7:00am (Swim)	5:30am - 7:00am (Swim)	
<b>Friday PM</b>	4:30 - 5:30 (GYM) 5:30-6:30 (SWIM)	4:30 - 5:30 (SWIM) 5:30-6:30 (GYM)		5:00pm - 6:30pm
<b>Saturday AM</b>	6:00am - 8:00am (Swim)	6:00am - 8:00am (Swim)		

<b>Minimum Requirements</b>	ND - 6 sessions per week. Inc 2 Mornings, 1 Gym. - 4 Sessions per week. Inc 1 Morning. 3 Sessions per week. Sessions per week	SJ DIS - JX - 2
-----------------------------	--	-----------------------