




Gwinnett Aquatics Winter Holiday Training Schedule 2024-25

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12/23 Sr 7:45-930a & 3:00-6:00p Sr2 7:45-930a & 2:30-5:00p Sr3 2:30-5:00p Prep 9:15-10:45a & 6:15-8:30p Jr 6:15-8:30p Pre 5:00-5:45p Bl/Gld 5:30-7:00p M 12-1p	12/24 Sr 8:45-11:00a Sr2 7:30-10:00a Sr3 7:30-10:00a Prep/Jr 10:30a-12:30p M 730-830a	12/25 Merry Christmas! 	12/26 Sr 8:15-10:00a & 3:00-6:00p Sr2 & Sr3 7:30-9:00a & 2:30-5:00p Prep 9:45-11:15a* & 6:15-8:30p Jr 6:15-8:30p Bl/Gld 5:30-7:00p M 12-1p	12/27 Sr 7:45-9:30a & 3:00-6:00p Sr2 7:45-9:30a & 2:30-5:00p Sr3 2:30-5:00p Prep/Jr 6:15-8:30p Pre 5:00-5:45p Gld 5:30-7:00p M 12-1p	12/28 Sr 8:00-10:30a Sr2 7:00-9:15a Sr3 7:00-9:15a Prep/Jr 11:00a-1:00p Bl/Gld 10:00-11:30a M time trial 1-2p	12/29 Off
12/30 Sr 7:45-930a & 3:00-6:00p Sr2 7:45-930a & 2:30-5:00p Sr3 2:30-5:00p Prep 9:15-10:45a* & 6:15-8:30p Jr 6:15-8:30p Pre 5:00-5:45p Bl/Gld 5:30-7:00p M 12-1p	12/31 Sr 7:30-10:30a Sr2 7:30-10:00a Sr3 7:30-10:00a Prep/Jr 10:30a-12:30p Bl/Gld 9:30-11:00a M 12-1p	1/1 Happy New Year! Sr 1:30-4:30p Sr2 4:00-6:15p Prep 11:45-2:00p	1/2 Sr 8:15-10:00a & 3:00-6:00p Sr2 & Sr3 7:30-9:00a & 2:30-5:00p Prep 9:45-11:15a & 6:15-8:30p Jr 6:15-8:30p Bl/Gld 5:30-7:00p M 12-1p	1/3 Sr 8:15-10:00a & 3:00-6:00p Sr2 7:30-9:00a & 2:30-5:00p Sr3 7:30-9:00a & 2:30-5:00p Prep/Jr 6:15-8:30p Pre 5:00-5:45p Gld 5:30-7:00p M 12-1p	1/4 Sr 8:00-10:30a Sr2 7:00-9:15a Sr3 7:00-9:15a Prep/Jr 11:00a-1:00p Bl/Gld 10:00-11:30a	1/5 Regular schedule resumes 1/6

*=P1 only

Holiday Schedule Coverage (other than normal groups):

(LF gone Dec 17 – Dec 31st):

Jacy covers Sr1:

- Dec 17th/18th;
- Dec 24th (Caitlin can cover Prep/Jr dryland, or she steps in at the end for Jacy to cover that)
- Dec 26th AM workout
- Dec 27th PM workout

Caitlin covers Sr1:

- Dec 19th/20th/21st (on Thu Jacy or Hugh steps in at 5:30pm so that she can start Blue);
- Dec 23rd/26th/30th PM (someone else covers dryland for Blue/Gold*; also, Jr dryland on those days needs to either combine with Prep on be covered by Andrea)
- Dec 28th (Saturday) workout

Hugh covers Sr1:

- AM workouts on 23rd/27th/30th/31st (combined) on 23rd/27th