

Albany Armada Aquatics: Spring 2019

February 3-April 26, 2019 During AHS Swim Season

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Blue Group	Group I 3:45-4:30pm Group II 4:30- 5:15pm	Group I 3:45-4:30pm, Group II 4:30- 5:15pm	Group I 3:45-4:30pm, Group II 4:30- 5:15pm	Group I 3:45-4:30pm, Group II 4:30- 5:15pm		
Blue Group	5:15-6:15pm	5:15-6:00pm		5:15-6:00pm	3:45-4:45pm	
Yellow Group	5:15-6:30pm	5:15-7:00pm Swim/ Goal Setting	4:30-5:45pm	5:15-6:30pm	4:45-6:00pm	
Junior Group	5:15-7:00pm Dry land / Swim	6:00-7:15pm	5:00-6:45pm Swim/ Goal Setting	6:00-7:15pm	4:30-6:00pm	7:00-8:30am*
Navy Group	7:00-8:15	6:15-8:15 Dry land /Swim	6:45-8:00pm	6:15-8:15 Dry land / Swim	6:00-7:30pm	7:00-8:30am*
Gold Group	6:00-7:30am 6:30-8:15pm	5:30-8:00pm Dry land/ Swim	6:00-7:30am 5:45-7:45pm	5:30-8:00pm Dry land/ Swim	5:15-7:30pm Goal Setting/ Swim	7:00-9:00am*

**Saturdays are subject to cancellation due to swim meets, check the meet schedule for details.
AHS will host meets throughout the season, which will impact our scheduled workouts.
We will modify or cancel workouts on these dates: February 22 & March 8, 15, 27*