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## Schedule From June 15th, 2024 - August 25th, 2024

<b>Dolphins</b>	<p style="text-align: center;"><b><u>Mondays</u></b></p> <p>2:45 - 3:15 PM Strength &amp; Conditioning</p> <p>3:30 - 5:00 PM Fitness Pool</p>	<p style="text-align: center;"><b><u>Tuesdays</u></b></p> <p>6:45 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><b><u>Thursdays</u></b></p> <p>6:45 - 8:00 PM Splash Pool</p>	<p style="text-align: center;"><b><u>Saturdays</u></b></p> <p>10:15 - 10:45 AM Strength &amp; Conditioning</p> <p>11:00 AM - 12:30 PM Fitness Pool</p>
<b>Penguins</b>	<p style="text-align: center;"><b><u>Mondays</u></b></p> <p>5:00 - 6:00 PM Splash Pool</p> <p>6:15 - 6:45 PM Strength &amp; Conditioning</p>	<p style="text-align: center;"><b><u>Tuesdays</u></b></p> <p>6:00 - 6:45 PM Splash Pool</p>	<p style="text-align: center;"><b><u>Thursdays</u></b></p> <p>6:00 - 6:45 PM Splash Pool</p>	<p style="text-align: center;"><b><u>Saturdays</u></b></p> <p>10:15 - 10:45 AM Strength &amp; Conditioning</p> <p>11:00 AM - 12:00 PM Fitness Pool</p>