

2023 Conditioning schedule

**JUNE**

	Monday	Tuesday	Wednesday	Thursday	Friday
SC Week 1 <b>RETURNING SWIMMERS</b> <b>ALL DIVERS</b>	<b>6/5/2023</b> 5:00pm-7:00pm <b>ALL RETURNING Athletes</b>	<b>6/6/2023</b> 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/7/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>6/8/2023</b> 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/9/2023</b> 5:00pm-7:00pm Group 2 Swimmers
SC Week 2 <b>NEW ATHLETES</b>	<b>6/12/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>6/13/2023</b> 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/14/2023- Last Day of School HVS</b> 5:00pm-7:00pm <b>ALL ATHLETES</b>	<b>6/15/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/16/2023</b> 5:00pm-7:00pm Group 2 Swimmers
SC Week 3	<b>6/19/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>6/20/2023- Last Day of School IA West</b> 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/21/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-7:00pm <b>ALL ALL ATHLETES</b>	<b>6/22/2023</b> 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/23/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-7:00pm Group 2 Swimmers
SC Week 4	<b>6/26/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>6/27/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/28/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>6/29/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>6/30/2023</b> 7:30-10am Morning <b>ALL SWIMMERS</b>

**JULY**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>DEAD WEEK</b>	<b>7/3/2023</b> OFF- Dead Week	<b>7/4/2023</b> OFF- Dead Week	<b>7/5/2023</b> OFF- Dead Week	<b>7/6/2023</b> OFF- Dead Week	<b>7/7/2023</b> OFF- Dead Week
SC Week 5	<b>7/10/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>7/11/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>7/12/2023</b> 5:00pm-7:00pm <b>ALL ATHLETES</b>	<b>7/13/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>7/14/2023</b> 5:00pm-7:00pm Group 2 Swimmers
SC Week 6	<b>7/17/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>7/18/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>7/19/2023</b> 5:00pm-7:00pm <b>ALL ATHLETES</b>	<b>7/20/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>7/21/2023</b> 5:00pm-7:00pm Group 2 Swimmers
SC Week 7	<b>7/24/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>7/25/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>7/26/2023</b> 5:00pm-6:30pm Group 1 Swimmers & DIVERS 6:30pm-8:30pm Group 2 Swimmers	<b>7/27/2023</b> 6:00am-7:30am Morning Lifting 5:00pm-6:30pm Group 1 Swimmers 6:30pm-8:30pm Group 2 Swimmers	<b>7/28/2023</b> 7:30am-10am <b>ALL SWIMMERS</b>