

Birmingham Swim League

2011-2012 Workout Schedule

All groups begin Tuesday, September 6th, except senior groups.

Green Group

Monday 4:30PM-5:30PM
Tuesday 4:30PM-5:30PM
Wednesday 4:30PM-5:30PM
Thursday 4:30PM-5:30PM
Saturday 10:45AM-12:00PM

Bronze Group

Monday 5:45PM-7:00PM
Tuesday 4:15PM-5:30PM
Wednesday 5:45PM-7:00PM
Thursday 4:15PM-5:30PM
Saturday 10:45AM-12:00PM

Silver Group

Monday 5:45PM-7:15PM
Tuesday 5:45PM-7:15PM
Wednesday 5:45PM-7:15PM
Thursday 5:45PM-7:15PM
Saturday 9:15AM-11:00AM

Gold Group

Monday 5:30PM-7:45PM
Tuesday 5:30PM-7:45PM
Wednesday 5:30PM-7:45PM
Thursday 5:30PM-7:45PM
Friday 3:45PM-6:00PM
Saturday 9:15AM-11:30AM

Senior I Group*

Monday 3:40PM-6:30PM
Tuesday 3:40PM-6:15PM
Wednesday 3:40PM-6:30PM
Thursday 3:40PM-6:15PM
Friday 3:40PM-6:15PM
Saturday 6:45AM-9:30AM

Senior II Group*

Monday 3:40PM-6:30PM
Tuesday 3:40PM-6:15PM
Wednesday 3:40PM-6:30PM
Thursday 3:40PM-6:15PM
Friday 3:40PM-6:15PM
Saturday 6:45AM-9:30AM

* AM workouts TBA