

Prospect January Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
Gold AM	10:00 am - 12:00pm	10:00 am - 12:00pm	10:00 - 11:30am	Off	5:15 - 7:30am	6:45 - 8:30am	Off
Gold PM	Off	Off	Off	Off	Off	Off	Off
Dryland (Gold)	Off	Off	Off	Off	Off	Off	Off
Silver AM	10:00 am - 12:00pm	10:00 am - 12:00pm	10:00 - 11:30am	Off	Off	Off	Off
Silver PM	Off	Off	Off	Off	Off	Off	Off
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
Gold AM	Off	Off	Off	Off	Off	7:30 - 9:15am	Off
Gold PM	6:45 - 8:30pm	4:15-6:00 pm	4:15-6:00 pm	Off	4:15-6:00 pm	Off	Off
Dryland (Gold)	Off	6:00-6:30pm	Off	Off	Off	Off	Off
Silver AM	Off	Off	Off	Off	Off	7:30 - 9:15am	Off
Silver PM	6:45 - 8:30pm	Off	6:45 - 8:30pm	3:45 - 5:30pm	4:15-6:00 pm	Off	Off
Activity	Sports Nutrition Seminar Parents: 4:30 - 5:30pm Swimmers: 5:45 - 6:45pm						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Gold AM	Off	Off	Off	Off	Winter Classic		
Gold PM	6:45 - 8:30pm	4:15-6:00 pm	4:15-6:00 pm	Off			
Dryland (Gold)	Off	6:00-6:30pm	Off	Off	Off	Off	Off
Silver AM	Off	Off	Off	Off	Winter Classic		
Silver PM	4:15-6:00 pm	Off	6:45 - 8:30pm	3:45 - 5:30pm			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
Gold AM	Off	Off	Off	Off	Off	7:30 - 9:15am	Off
Gold PM	6:45 - 8:30pm	4:15-6:00 pm	4:15-6:00 pm	Off	4:15-6:00 pm	Off	Off
Dryland (Gold)	Off	6:00-6:30pm	Off	Off	Off	Off	Off
Silver AM	Off	Off	Off	Off	Off	7:30 - 9:15am	Off
Silver PM	4:15-6:00 pm	Off	6:45 - 8:30pm	3:45 - 5:30pm	4:15-6:00 pm	Off	Off
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
Gold AM	Off	Off	Off	Off	Off	7:30 - 9:15am	Off
Gold PM	6:45 - 8:30pm	4:15-6:00 pm	4:15-6:00 pm	Off	3:45 - 5:30pm	Off	Off
Dryland (Gold)	Off	6:00-6:30pm	Off	Off	Off	Off	Off
Silver AM	Off	Off	Off	Off	Off	7:30 - 9:15am	Off
Silver PM	4:15-6:00 pm	Off	6:45 - 8:30pm	3:45 - 5:30pm	4:15-6:00 pm	Off	Off
Activity							

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Dryland

Lawson