West Express Swim Team | Senior Group – **SEPTEMBER 2024** (updated 8/21)

**Dryland at Xcel Gym** **in EP** Tuesday/Thursday **Mornings** starting September 10: 5:45 – 6:35 am
Dryland at CMSE or CMSW Tuesday/Thursday **Evenings** starting September 10: 5:40 – 6:25 pm

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| **Sunday**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  |
| **September 1** | 2Labor Day  | 3Masters 5:45 - 7:00 am | 4Masters 5:45 - 7:00 amCMSE – bonus! 4:00 – 5:30 pm | 5Masters 5:45 - 7:00 amCMSE – Bonus!4:00 – 5:30 pm | 6Masters 5:45 - 7:00 am | 7 |
| 8 | 9Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 10Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pmDryland 5:45-6:35 amDryland 5:40 – 6:25 pm  | 11Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 12Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pmDryland 5:45-6:35 am**No Evening DL** | 13Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 14CMSE 7:30 – 9:15 am  |
| 15 | 16Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 17Masters 5:45 - 7:00 am**CMSE (Later)7:30 – 8:45** Dryland 5:45-6:35 am**No Evening DL** | 18Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 19Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pmDryland 5:45-6:35 amDryland 5:40-6:25pm  | 20Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 21**PRMS****8:00 – 10:00 am**  |
| 22 | 23Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 24Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pmDryland 5:45-6:35 amDryland 5:40 – 6:25 pm | 25Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 26Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pmDryland 5:45-6:35 amDryland 5:40 – 6:25 pm | 27Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 28**Intrasquad at PRMS at 1:00 pm** **No Practice**  |
| 29  | 30Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | **October 1** Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pmDryland 5:45-6:35 amDryland 5:40 – 6:25 pm | 2Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 3Masters 5:45 - 7:00 am**CMSE (Later)7:30 – 8:45 pm** Dryland 5:45-6:35 am**No Evening DL**  | 4Masters 5:45 - 7:00 amCMSE 3:45 – 5:30 pm | 5**CMSE7:30 – 9:15 am** |