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