



**CAROLINA DIVING ACADEMY**  
*Huntersville Family Fitness & Aquatics*

**Fall Daily Schedule: starts August 29, 2011**

*There are many changes, please take note of every group's time slot.*

<b>Elite</b>	<b>Monday through Friday</b> TBD		
<b>High School</b>	<b>Monday through Thursday</b>		
	Dryland	6:00-6:30pm	Anthony
	Skill Training	6:30-7:30pm	Anthony
	Conditioning	7:30-8:30pm	Anthony
<b>Developmental</b>	<b>Monday, Tuesday, Thursday</b>		
	Dryland	5:30-6:15pm	Brandon
	Skill Training	6:15-7:15pm	Brandon
	Conditioning	7:15-8:00pm	Brandon
<b>Beginning Lessons</b>	<b>Monday and/or Wednesday</b>		
	Skill Training	3:30-5:30pm	Brandon
	<b>Wednesday and/or Friday</b>		
	Skill Training	5:30-7:30pm	Brandon
<b>Advanced Lessons</b>	<b>Tuesday/ Thursday</b>		
	Skill Training	3:30-5:30pm	Brandon