



# CAROLINA DIVING ACADEMY

Huntersville Family **Fitness & Aquatics**

## Fall Quarter Daily Schedule:

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

### Monday/ Wednesday:

Elite	Skill Training	3-5:30 pm
	Dryland	3-4:00 pm
	Water	4-5:30 pm
	Ind. S/ C items	5:30-6 pm
	Conditioning	6-7:00 pm
Intermediate	Skill Training	5:30-7:30 pm
	Conditioning	7:30-8:30 pm
Developmental	Conditioning	5-6:00 pm
	Skill Training	6-7:30 pm
Neighborhood Lessons	Skill Training	3-5:00 pm
Beginning Lessons	Skill Training	4:30-6 pm

### Tuesday/ Thursday:

Elite	Skill Training	3-5:30 pm
	Dryland	3-4:00 pm
	Water	4-5:30 pm
	Ind. S/ C items	5:30-6 pm
	Conditioning	6-7:00 pm
Intermediate	Skill Training	5:30-7:30 pm
	Conditioning	7:30-8:30 pm
Developmental	Conditioning	5-6:00 pm
	Skill Training	6-7:30 pm
Neighborhood Lessons	Skill Training	3-5:00 pm
Advanced Lessons	Skill Training	4:30-6 pm

### Friday:

Elite	Skill Training	3-5:30 pm
	Dryland	3-4:00 pm
	Water	4-5:30 pm
	Ind. S/ C items	5:30-6 pm
	Conditioning	6-7:00 pm
Neighborhood Lessons	Skill Training	3-5:00 pm
1x week Lessons	Skill Training	5-7:00 pm