

## Jones-Payton Workout Schedules

The below schedules depict what a typical week will look like beginning on 11/27. Varsity members are required to attend at least two morning workouts per week, but are encouraged to attend all 3 if possible. Also, practices are closed to parents until the last 30 minutes of the scheduled practice. This allows the athletes to train and the coaches to coach. Lastly, the Saturday/Sunday schedule will switch depending on building availability. My hope is to keep as many Sundays clear as possible. If we have a meet or practice on Saturday there will not be a Sunday workout.

### Varsity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Varsity 8:30-10:30 a.m. W (Only when we cannot get in Saturday)	Varsity - 5:50-7:00 a.m. W	Varsity 5:50-7:00 a.m. DL on 6th floor	Varsity 3:30-5:15 p.m. W	Varsity 5:50-7:00 a.m. DL on 6th floor	Varsity 3:30-5:15 p.m.	Varsity depends on building availability
	Varsity 4-4:45 p.m. DL on 6th floor	Varsity 4-6:00 p.m. W	Varsity 5:15-6:00 p.m. DL	Varsity 4-6:00 p.m. W	Varsity 5:15-6:00 p.m. DL	
	Varsity 4:45-6:15 p.m. W					

### Junior Varsity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JV Optional 8:30-10:30 W (Only when we cannot get in Saturday)	JV 4-5:30 W	Optional JV 5:50-7:00 DL	JV 3:30-4:30 DL	Optional JV 5:50-7:00 DL	JV 5:45-7:00 W	Varsity depends on building availability
		JV 4-5:30 W	4:30-5:45 W	JV 4-5:30 W		

### Diving Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diving Depends on Availability	Monday 4-5:30 p.m.	Dryland 5:50-7 a.m.	4:30-5:30 p.m.	Dryland 5:50-7:00 a.m.	5:50-7:00 a.m.	Diving Depends on Availability