

Seals Training Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
County Red 6	7.00-8.00pm	7.00-8.00pm		7.00-8.00pm	6.00-7.30pm	6.50-7.50am	8.00-9.00am
County Red 5	7.00-8.00pm	7.00-8.00pm		7.00-8.00pm	6.00-7.30pm	6.50-7.50am	
County Red 5A	7.00-8.00pm	7.00-8.00pm		7.00-8.00pm	6.00-7.30pm		8.00-9.00am
County White 5	6.00-7.00pm	6.00-7.00pm		6.00-7.00pm	7.30-8.30pm		7.00-8.00am
County White 4	7.00-8.00pm			7.00-8.00pm	7.30-8.30pm		7.00-8.00am
County White 4A	6.00-7.00pm			6.00-7.00pm	7.00-8.30pm		7.00-8.00am
County Blue 4		7.00-8.00pm			6.00-7.30pm	6.50-7.50am	7.00-8.00am
County Blue 2	7.00-8.00pm					6.50-7.50am	
Yellow 3	6.00-7.00pm	6.00-7.00pm		7.00-8.00pm			
Yellow 3A	6.00-7.00pm				6.00-7.00pm	6.50-7.50am	
Yellow 2	6.00-7.00pm			6.00-7.00pm	6.15-7.30pm		
Black 4		6.00-7.00pm		6.00-7.00pm	7.30-8.30pm		8.00-9.00am
Black 3		6.00-7.00pm		6.00-7.00pm			8.00-9.00am
Black 2		6.00-7.00pm					8.00-9.00am
Gold 2 / Masters					7.30-8.30pm		7.00-8.00am
Gold 1 / Masters		7.00-8.00pm					