

2019 LC Schedule - Mountain View

Chattahoochee Gold 2019 Long Course (Starts May 23rd)		
Groups	Schedule	
Intro to Gold (1)	M	1:00-1:45p
Intro to Gold (2)	W	1:00-1:45p
Intro to Gold II (1 & 2)	M/W	2:00-2:45p
Technique & Fitness (1)	M	1:00-2:00p
Technique & Fitness (2)	W	1:00-2:00p
Technique & Fitness league	M/W	2:00-3:00p
Silver	T/Th F	1:45-3:00p** 2:00-3:00p
Silver Advanced	M/W F	1:30-3:00p** 2:00-3:00p
Gold	M/W T/Th F	12:30-2:00p** 12:30-2:15p** 1:00-2:00p
Gold Advanced	M/W T/Th F	12:30-2:00p** 12:30-2:15p** 1:00-2:00p
Sectionals	M-F	9:00-11:00a**
Sectionals Advanced	M/W/F T/Th Sat	7:15-9:30a** 7:30-9:30a** 10:00a-1:00p @ WS
Senior	M T/Th W F Sat	6:00-7:45a / 1:00-3:45p# 1:00-3:45p# 6:00-7:45a / 1:00-3:45p# 6:00-7:45a 10:00a-12:00p @ MV
National	M/W/F T/Th Sat	6:00-7:45a / 1:00-3:45p# 1:00-3:45p# 10:00a-12:00p @ MV
* Last 30 mins dry-land ** First 30 mins dry-land # Last 45 mins dry-land		