

Mon	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday	
	5:30-7am SE SG SS					4:15-6:15 pm SE SG SS JE JG	Base
		5-6:30am SE SG (JE optional)		5-6:30am SE SG SS			SIR JAMES WHITNEY
	5:00-7:00pm SE SG SS JE JG	5:00-7:00pm SE SG SS JE JS	5:00-6:00pm Jr BYST	5:00-7:00pm SE JE JG JS 7:00-8:30pm JB SS		1:00-3:00pm JB JS	
			7-8:30pm JE JG (SE optional – 1 lane only)				YMCA Trenton