

EVO Summer Schedule 2025

June 9th-July 27th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Stroke Intro (2-3/wk)							
	5:30-6:15p	4:30-5:15p	5:30-6:15p	4:30-5:15p		10-11a	
Stroke Development (3/wk)							
A & B (Any Combo)	5:30-6:45p	5:30-6:45p	5:30-6:45p	5:30-6:45p		10-11a	
Dryland	During		During				
Stroke Performance (3-4/wk)							
A & B (Any Combo)	5:30-6:45p	5:30-6:45p	5:30-6:45p	5:30-6:45p		10-11a	
Dryland	During		During				
Age Group Development (3-5/week)							
	5:30-6:45p	5:30-6:45p	5:30-6:45p	5:30-6:45p		10-11a	
Dryland	During		During				
Age Group Performance (4-6/week)							
	6:45-8:15p	6:45-8:15p	6:45-8:15p	6:45-8:15p		10-11a	
Dryland		During		During			
MS/HS Prep (3-4/week)							
	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p		10-11a	
Dryland							
Pre-Senior Development (4-5/week)							
	6:45-8:15p	6:45-8:15p	6:45-8:15p	6:45-8p	7-9a or 3:30-5p	8-10a	
Dryland		5:45-6:30p		5:45-6:30p			
Pre-Senior Performance (5-6/week)							
	6:45-8:30p	6:45-8:30p	6:45-8:30p	6:45-8:p	7-9a or 3:30-5p	8-10a	
Dryland		5:45-6:30p		5:45-6:30p			
Senior Performance/Senior Development (6/week)							
	7-9a	7-9a	**7-9a**	7-9a	7-9a	8-10a	
**Wed. morning only after meets	3-5p		3-5p		3-5p		