

EVO Summer Schedule 2026

June 8th-July 26th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke Intro (2-3/wk)						
	4:30-5:15p	5:30-6:15p	4:30-5:15p	5:30-6:15p		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
<i>Dryland</i>	<i>During</i>		<i>During</i>			
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
<i>Dryland</i>	<i>During</i>		<i>During</i>			
Age Group Development (3-5/week)						
	5:30-6:45p	5:30-6:45p	5:30-6:45p	5:30-6:45p		10-11a
<i>Dryland</i>	<i>During</i>		<i>During</i>			
Age Group Performance (4-6/week)						
	6:45-8:15p	6:45-8:15p	6:45-8:15p	6:45-8:15p		10-11a
<i>Dryland</i>		<i>During</i>		<i>During</i>		
MS/HS Prep (3-4/week)						
	5:30-6:45p	5:30-6:45p	5:30-6:45p	5:30-6:45p		10-11a
<i>Dryland</i>						
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
<i>Dryland</i>		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
<i>Dryland</i>		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
<i>**Wed. morning only after meets</i>	3-5p		3-5p		3-5p	