

# RIVERTON SQUAD PROGRAM



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Weekday Morning Sessions</b>						
530am to 730am		Development		Development	Development	
		Junior State		Junior State	Junior State	
	Age State	Age State	Age State	Age State	Age State	
	Performance	Performance	Performance	Performance	Performance	
<b>Saturday Morning Sessions</b>						
630am to 830am						Age State Performance
830am to 930am						Torpedo Junior State Development
<b>Afternoon Session 1</b>						
4pm to 5pm	Torpedo	Torpedo	Torpedo	Torpedo	Torpedo	
	Development	Development	Development	Development	Development	
	Junior State	Junior State	Junior State	Junior State	Junior State	
5pm to 515pm		Assessments			Assessments	
<b>Afternoon Session 2</b>						
5pm to 6pm (615pm for Age State)	Torpedo		Torpedo	Torpedo		
	Junior State		Development	Development		
	Age State		Junior State	Junior State		
				Age State		
515pm to 630pm		FitSpeed			FitSpeed	
515pm to 645pm		Performance			Performance	
6pm to 715pm	FitSpeed		7pm)	FitSpeed		