

RIVERTON SQUAD PROGRAM



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekday Morning Sessions						
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	
Saturday Morning Sessions						
630am to 830am						Age State Performance
830am to 930am						Torpedo Junior State Development
Afternoon Session 1						
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	
Afternoon Session 2						
5pm to 6pm	Torpedo		Torpedo	Torpedo		
	Junior State		Development	Development		
			Junior State	Junior State		
5pm to 615pm	Age State			Age State		
515pm to 630pm		FitSpeed			FitSpeed	
515pm to 645pm		Performance			Performance	
6pm to 715pm	FitSpeed		7pm)	FitSpeed		