

B	I	N	G	O
Warm Up	200 Free	Coach Julie	Sprint	Goggles
Backstroke	Underwater	Pull out	400 IM	Turns
Workout	50's	FREE	Diversity	Freestyle
Swimming	Fruit Aquatic Center	Rain or Shine	Coach Stacy	Missouri Valley
500 Free	Swim-a-thon	Breaststroke	Yoga	Butterfly

B	I	N	G	O
Workout	Yoga	400 IM	Fruit Aquatic Center	Backstroke
Sprint	Freestyle	Coach Julie	Missouri Valley	50's
Diversity	200 Free	FREE	Coach Stacy	Rain or Shine
Butterfly	Warm Up	Breaststroke	Swimming	500 Free
Goggles	Coach Zach	Turns	Pull out	Underwater

B	I	N	G	O
Swimming	Coach Stacy	Workout	Butterfly	Sprint
Swim-a-thon	Turns	Yoga	Fruit Aquatic Center	50's
Rain or Shine	400 IM	FREE	Diversity	Coach Julie
Coach Zach	Goggles	500 Free	200 Free	Warm Up
Underwater	Pull out	Freestyle	Missouri Valley	Breaststroke