

Practice schedule for Swordfish Swim team

Long course season 2024

SWIM Starts 4/29/24 *Subject to change as seen fit*	Monday	Tues	Wed	Thursday	Friday	Saturday	Sunday
LC Gold 1/2	7:30-9pm	7-8:30pm	7:30-9pm	7:830pm	OFF	7am-8:30am	OFF
LC Silver 1& 2	6-7:30pm	6-7pm	6-7:30pm	6-7pm	7_830pm	OFF	OFF
Stay in shape Gold 1 & 2	OFF	7-8:30pm	7:30-9pm	7-8:30pm	OFF	OFF	OFF
Stay in shape Silver 1 & 2	OFF	6-7PM	OFF	6-7PM	7-8:30PM	OFF	OFF
Lake Mohawk Starts Monday 6/10/24	6:15pm-7:45pm (6/10-6/22) 7-8:30p (6/24-8/3)	6:15pm-7:45pm (6/10-6/22) 7-8:30p (6/24-8/3)	OFF	6:15pm-7:45pm (6/10-6/22) 7-8:30p (6/24-8/3)	6:15pm-7:45pm (6/10-6/22) 7-8:30p (6/24-8/3)	7:30A-9:30AM	OFF

Swim clinic 4/29-6/21	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Clinic A 6-11 YEAR OLDS	OFF	5-6PM	OFF	5-6PM	5-6PM		
Clinic B 12-18 YEAR OLDS	5-6PM	OFF	5-6PM	OFF	6-7PM		