



PRACTICE SCHEDULE

SHELTON/MASUK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice	6-7 @ Masuk	6-7 @ SCC	6-7 @ Masuk	6-7 @ SCC	OFF	12-1 @ Masuk	OFF
Junior	4:30-6 @ Masuk	4:30-6 @ Masuk	4:30-6 @ Masuk	7-8:30 @ Masuk	4:30-6 @ Masuk	10:30-12 @ Masuk	OFF
Junior Select	4:30-6 @ Masuk	4:30-6 @ Masuk	4:30-6 @ Masuk	4:30-6 @ SCC	6-8 @ SCC	9-11 @ SCC	OFF
Senior	6-8 @ SCC	4:30-6 @ SCC	6-8 @ SCC	7-8:30 @ Masuk	4:30-6 @ Masuk	10:30-12 @ Masuk	11:30-1 @ SCC
Senior Select	6-8 @ SCC	4:30-6 @ SCC	6-8 @ SCC	4:30-6 @ SCC	6-8 @ SCC	9-11 @ SCC	11:30-1 @ SCC

MILFORD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice	6:30-7:30	5-6 @ Woodruff	6:30-7:30	5-6 @ Woodruff	OFF	10:30-11:30	OFF
Junior	6:30-8	7:15-8:45	6:30-8	6:45-8:15	6:30-8	10:30-12	OFF
Senior	6:30-8:30	7:15-8:45	6:30-8:30	6:45-8:15	6:30-8	10:30-12:00	11:30-1 @ SCC

All Milford practices are held at the McCann Natatorium unless specified.

WEEKLY PRACTICE ATTENDANCE RECOMMENDATIONS

You can attend any of the practices for your group during the week at your specified location.

Novice 2-3x per week

Juniors 3x per week

Seniors 4+ per week

PRACTICE LOCATIONS



Shelton Community Center
41 Church Street, Shelton, CT



Milford Woodruff YMCA
631 Orange Ave, Milford, CT



Masuk High School
1014 Monroe Turnpike, Monroe, CT



McCann Natatorium
70 Park Circle, Milford, CT

ADDITIONAL OUTDOOR SUMMER FACILITIES



Brownson Country Club
15 Soundview Ave, Shelton, CT



Trumbull Lakewood YMCA
204 Stanley Road, Monroe, CT