



Practice Schedule March 25 -May 26 2024

Senior III

Monday – Friday	4:00 – 6:00 PM	Swim and Dryland
Monday, Thursday	5:45 – 7:15 AM	Swim
Saturday	7:00 – 9:00 AM	Swim

Senior II

Monday – Friday	4:00 – 6:00 PM	Swim and Dryland
Monday, Thursday	5:45 – 7:15 AM	Swim
Saturday	7:00 – 9:00 AM	Swim

Senior I

Monday – Friday	4:00 – 5:30 PM	Swim and Dryland
Saturday	7:30- 9:00 AM	Swim

Junior II

Monday – Friday	4:00 – 5:45 PM	Swim and Dryland
Saturday	9:00 – 10:45 AM	Swim

Junior I

Monday – Friday	5:45- 7:15 PM	Swim and Dryland
Saturday	9:00 – 10:30 AM	Swim

Age Group II

Monday – Friday	4:00 – 5:30 PM	Swim and Dryland
Saturday	9:00 – 10:30 AM	Swim

Age Group I

Monday – Friday	6:00- 7:15 PM	Swim and Dryland
Saturday	9:00 – 10:15 AM	Swim

Sharks

Monday – Friday	4:00 – 5:15 PM	Swim and Dryland
Saturday	9:00 – 10:15 AM	Swim

Dolphins

Monday – Friday	5:45 – 6:45 PM	Swim and Dryland
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Guppy

Tues, Wed, Thursday	5:00- 5:45 PM	Swim
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