

2024 SUMMER SCHEDULE

STARTS Monday June 3, 2024 – ENDS Friday July 26, 2024
July 22-26 ONLY PM practices for ALL GROUPS!!! NO AM Practices!!!
 This schedule is in effect when there is no swim meets or other changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BLUE – SENIOR GROUP						
AM	6:45 - 9:00 am (swim) 9:00 - 9:45 am (dry-land)	7:00 - 9:00 am		7:00 - 9:00 am (swim) 9:00 - 9:45 am (dry-land)	7:00 - 9:00 am	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)
PM	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		
BLUE – JUNIOR GROUP						
AM	6:45 - 9:00 am (swim) 9:00 - 9:45 am (dry-land)	7:00 - 9:00 am		7:00 - 9:00 am (swim)	7:00 - 8:30 am (swim) 8:30 - 9:00 am (dry-land)	7:30 - 9:30 am (swim)
PM	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		
RED GROUP						
PM	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	6:00 - 7:00 pm (swim)	
ELITE GROUP						
AM					9:00 – 10:00 am (swim)	9:30 - 11:00 am (swim)
PM	4:30 – 6:00 pm (swim)	4:00 - 4:30 pm (dry-land) 4:30 – 6:00 pm (swim)	4:30 – 6:00 pm (swim)	4:00 - 4:30 pm (dry-land) 4:30 – 6:00 pm (swim)		
ORANGE 1 GROUP						
PM	5:00-6:00 pm		5:00-6:00 pm		5:00-6:00 pm	
ORANGE 2 GROUP						
PM		5:00-6:00 pm	5:00-6:00 pm	5:00-6:00 pm		
GREEN GROUP - 1						
AM					9:00 - 10:00 am	
PM	4:00 – 4:45 pm	4:00 – 4:45 pm	4:00 – 4:45 pm	4:00 – 4:45 pm		
GREEN GROUP - 2						
AM					9:00 - 10:00 am	
PM	4:45 – 6:00 pm	4:45 – 6:00 pm	4:45 – 6:00 pm	4:45 – 6:00 pm		
PURPLE GROUP 1 – 4:00 PM						
PM		4:00 – 4:40 pm	4:00 – 4:40 pm	4:00 – 4:40 pm		
PURPLE GROUP 2 – 4:40 PM						
PM		4:40 – 5:20 pm	4:40 – 5:20 pm	4:40 – 5:20 pm		
PURPLE GROUP 3 – 5:20 PM						
PM		5:20 – 6:00 pm	5:20 – 6:00 pm	5:20 – 6:00 pm		
ORANGE GROUP - AM						
AM		9:00 – 10:00 am	9:00 – 10:00 am	9:00 – 10:00 am		
PURPLE GROUP - AM						
AM		9:00 – 9:45 am	9:00 – 9:45 am	9:00 – 9:45 am		

RULE FOR BLUE GROUPS:

No Afternoon practice if you don't attend the Morning one!!!

July 27 - August 11	DRAGONS SUMMER BREAK FOR ALL GROUPS NO PRACTICES
1st day of practice August 12	School Year Practice Schedule starts on Monday August 12, 2024