

# 2023-2024 Practice Schedule

**August 12, 2023 – May 24, 2024**

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Mako</b>	3-4P OR 5:30-6:30P		3-4P OR 5:30-6:30P		3-4P OR 5:30-6:30P	10:45-11:45A
<b>Tiger</b>	3-4:15P OR 5:30-6:45P	3-4:15P OR 5:30-6:45P	3-4:15P OR 5:30-6:45P	3-4:15P OR 5:30-6:45P		10:45-12P
<b>Hammer Head</b>	4:15-5:45P OR 6-7:30P	4:15-5:45P OR 6-7:30P	4:15-5:45P OR 6-7:30P	4:15-5:45P OR 6-7:30P	4:15-6:15P	10-12P
<b>Bolles MS</b>	3:35-5:35P	3:35-5:35P	6-7:45A 3:35-5:35P	3:35-5:35P	3:35-5:35P	10-12:30P
<b>Great White</b>	5:45-7:45P	5:45-7:45P	6-7:45A 5:45-7:45P	5:45-7:45P	5:45-7:45P	
<b>Homeschool</b>	1:00-2:30P	1:00-2:30P	1:00-2:30P	1:00-2:30P	(With Group)	(With Group)
<b>Masters</b>	11:30-1P	6-7:30A	11:30-1P	6-7:30A	11:30-1P	

Mako, Tiger, Hammerhead, Great White groups include 2-3 S&C ("Dryland") sessions per week within scheduled practice times.

## Senior Groups (9<sup>th</sup>-12<sup>th</sup> Grade)

<b>Bolles Senior Groups</b>	6-7:30A 3:45-5:45P	3:45-5:45P	6-8A 3:30-5:45P*	3:45-5:45P	3:30-5:45P	Champs 7-9:30A Swim + S&C  Prep 7-10A Swim + S&C  National 7:30-10:30A S&C + Swim
<b>Late Night Groups</b>	5:45-7:45P	5:45-7:45P	6-8A 5-7P	5:45-7:45P	5:30-7:30P	
<b>9-10 Grade S&amp;C 'Dryland'</b>	LN: 5-5:45P B: 6-7:30A		B: 3:30-4:30P	LN: 5-5:45P		
<b>11-12 Grade S&amp;C 'Weight Room'</b>	LN: 5-6:30A B: 6-7:30A			LN: 5-6:30A B: 6-7:30A		

\*Wed PM Bolles practice will split into 9-10 grade (3:30-5:45 S&C then swim), 11-12 grade swim 3:30-5. Saturday practices include S&C and Swimming. In the order indicated.