

# 2024 SUMMER PRACTICE SCHEDULE

Effective May 28 (See Dates below)

Mon	Tues	Wed	Thurs	Fri	Sat
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## Age Group Practices

<b>MAKO</b>	*5-6P		*5-6P		5-6P	10:30-11:30A
<b>TIGER</b>	5-6:15P	*5-6:15P	5-6:15P	*5-6:15P		*10:30-11:45A
<b>HAMMER HEAD</b>	*5-6:30P	5-6:30P	*5-6:30P	5-6:30P	*5-6:30P	10-12P
<b>GREAT WHITE</b>	*5-7P	6-8A 5-7P	*5-7P	6-8A 5-7P	*5-7P	10:00-12P
<b>JR MAKO</b>	4-5:30P		4-5:30P			

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

<b>NATIONAL</b>	6:15-8:15A *3-5P	8-10A 3-5P	*7:30-10A	8-10A *3-5P	*7:30-10A	
<b>NATIONAL PREP</b>	8-10A 3-5P^	6:15-8:15A 3-5P	*7:30-10A	6:15-8:15A 3-5P^	*7:30-10A	*6:15-9A
<b>CHAMPS</b>	8-10A 3-5P^	8-10A	6:15-8:45A^	8-10A 3-5P^	6:15-8:45A^	
<b>COLLEGE</b>	6:15-8:15A	6:15-8:15A OR 8-10A	6:15-8:15A	6:15-8:15A OR 8-10A	6:15-8:15A	By Request
<b>MASTERS</b>	6-7:30A	12-1:30P	6-7:30A	12-1:30P	6-7:30A	As available

\*includes Dryland before swim

^includes Dryland after swim

Senior PM practices are *ONLY* for swimmers who attend the morning practice that day (or communicate otherwise)

**Age Group Practices will run from Tuesday May 28 through Friday July 26**

**Senior Practices will run from Tuesday May 28 through Friday July 19**

**College and Senior Practice options for July 22 through August 9 TBA**