

## 2024 Practice Schedule April 1 - April 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8 Under</b>	5:40-6:30p			6:30-7:15p	5:40-6:30p	
<b>Level 1</b>	5:40-6:45p	6:30-7:15p			5:40-6:45p	
<b>Level 2</b>	6:40-7:45p	Dry 6:30-7:30p		6:30-8:00p	6:40-8:00p	
<b>Level 3</b>	4:15-5:45p OR 6:25-8:00p	7:10-8:15p		Dry 5:30-6:30p	6:25-8:00p	10:30a-12:00p
<b>Level 4</b>	4:00-5:45p OR 6:40-8:30p	Dry 5:30-6:30p 6:30-8:00p		Dry 6:30-7:30p 7:30-8:30p	4:00-5:45p	9:00a-10:30a
<b>Seniors</b>	4:00-5:45p	6:00a-7:30a Dry 3:30-4:15p 4:20-5:30p	4:00-5:30p	6:00a-7:30a Dry 3:30-4:15p 4:20-5:30p	4:00-5:45p	8:00a-10:00a

**Dowling has a long tradition supporting local Special Olympics Swimmers and will be using the pool on Tuesdays and Thursdays during our first 3 weeks. We will need to start later in the evening and will not be able to accommodate all groups both nights.**

## 2024 Practice Schedule April 21 - June 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 Under	5:40-6:30p	5:40-6:30p		5:40-6:30p	5:40-6:30p	
Level 1	5:40-6:45p	5:40-6:45p		5:40-6:45p	5:40-6:45p	
Level 2	6:40-7:45p	Dry 5:30-6:30p 6:30-7:30p		4:15-5:45p OR 6:25-8:00p	6:40-8:00p	
Level 3	4:15-5:45p OR 6:25-8:00p	6:40-8:00p		Dry 5:30-6:30p	6:25-8:00p	10:30a-12:00p
Level 4	4:00-5:45p OR 6:40-8:30p	Dry 6:30-7:30p 7:30-8:30p		6:30-7:30p Dry 7:30-8:30p	4:00-5:45p	9:00a-10:30a
Seniors	4:00-5:45p	6:00a-7:30a Dry 3:30-4:15p 4:20-5:45p	4:00-5:30p	6:00a-7:30a Dry 3:30-4:15p 4:20-5:45p	4:00-5:45p	8:00a-10:00a

**Due to Special Olympics training in the pool, there will be adjusted schedules on Thursdays May 2 and May 9. Please watch your weekly email for adjustments.**

### June 3-July 24

	<b>Monday All DCHS</b>	<b>Tuesday AM DCHS Evening Ashworth</b>	<b>Wednesday AM DCHS Evening Ashworth</b>	<b>Thursday All DCHS</b>	<b>Friday</b>	<b>Saturday All DCHS</b>
<b>8 Under</b>	<b>5:25-6:15p</b>	<b>6:50-8:00p</b>	<b>6:50-8:00p</b>	<b>5:25-6:15p</b>		
<b>Level 1</b>	<b>5:25-6:30p</b>	<b>6:50-8:00p</b>	<b>6:50-8:00p</b>	<b>5:25-6:30p</b>		
<b>Level 2</b>	<b>Dry 5:30-6:30p 6:30-7:30p</b>	<b>6:50-8:30p</b>	<b>6:50-8:30p</b>	<b>6:10-7:30p</b>		
<b>Level 3</b>	<b>Dry 6:30-7:30p 7:30-8:30p</b>	<b>6:50-8:30p</b>	<b>6:50-8:30p</b>	<b>6:25-8:00p</b>		<b>10:30a-12:00p</b>
<b>Level 4</b>	<b>6:10-8:00p</b>	<b>6:50-8:45p</b>	<b>6:50-8:45p</b>	<b>Dry 6:30-7:30p 7:30-8:30p</b>		<b>9:00a-10:30a</b>
<b>Seniors</b>	<b>3:30-5:30p</b>	<b>6:50-9:00p</b>	<b>6:50-9:00p</b>	<b>3:30-5:30p</b>		<b>8:00a-10:00a</b>
	<b>Morning DCHS</b>	<b>Morning DCHS</b>	<b>Morning DCHS</b>	<b>Morning DCHS</b>	<b>Morning DCHS</b>	<b>Morning DCHS</b>
<b>Level 3-4*</b>	<b>Dry 7:00-8:00a</b>	<b>6:45-8:15a Pool</b>	<b>Dry 7:00-8:00a</b>		<b>6:45-8:15a Pool</b>	
<b>Seniors</b>	<b>Dry 6:00-7:00a Pool 7:00-8:15a</b>	<b>6:15-8:15a Pool</b>	<b>Dry 6:00-7:00a Pool 7:00-8:15a</b>	<b>6:15-8:15a Pool</b>	<b>6:15-8:15a Pool</b>	

**The weeks of June 16 and June 23 Ashworth will not be available due to their community swim lessons. We will have adjusted schedules that week for all groups on Tues and Wed evenings.**