

# NU WAVE SWIM CLUB



## SENIOR HIGH PERFORMANCE GROUPS

Beginning Monday, March 20, 2023

### SENIOR-PREP

|                  |              |        |
|------------------|--------------|--------|
| MON-FRI          | 4:00-5:45 PM | NEWMAN |
| DRY-LAND (TU/TH) | 5:45-6:15 PM | NEWMAN |
| SAT              | 6:30-8:15 AM | NEWMAN |
| *DRY-LAND        | 8:15-8:45 AM | NEWMAN |

### SENIOR

|                |              |        |
|----------------|--------------|--------|
| MON-FRI        | 4:00-5:45 PM | NEWMAN |
| DRY-LAND (M/W) | 5:45-6:30 PM | NEWMAN |
| SAT            | 6:15-8:15 AM | NEWMAN |
| *DRY-LAND      | 8:15-9:00 AM | NEWMAN |

### NATIONAL

|                |              |        |
|----------------|--------------|--------|
| MON-FRI        | 4:00-5:45 PM | NEWMAN |
| DRY-LAND (M/W) | 5:45-6:30 PM | NEWMAN |
| TUES & THUR*   | 5:30-7:00 AM | NEWMAN |
| SAT            | 6:15-8:15 AM | NEWMAN |
| *DRY-LAND      | 8:15-9:00 AM | NEWMAN |

*\*National AM practices will begin on Tuesday, April 18.*

### FACILITY INFO:

NEWMAN

1903 Jefferson Ave

New Orleans 70115