



NEW CASTLE - Practice Schedule September 3rd to June 10th

GROUPS	NEW CASTLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COST [MONTHLY]	NOTES
SENIORS [BLUE/ YELLOW/ GREEN/ GOLD]	AM		5:30AM – 7:00AM				7:00AM-10:00AM	9:00AM-11:00AM	\$310 – BLUE \$270 – YELLOW \$250 – GREEN \$235 - GOLD	**Practice Schedule adjustments will be communicated in the Weekly Newsletter. **Senior Weekday AM practices will be communicated via the Weekly Newsletter. **ALL practices include dryland; please bring gym clothes.
	PM	3:30PM – 6:15PM	3:30PM – 6:15PM	3:30PM – 6:15PM	3:30PM – 6:15PM	3:30PM – 6:15PM				
BIG DAWGS	AM						7:00AM-10:00AM	9:00AM-11:00AM	\$220	
	PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM				
SUPER DAWGS	AM						9:00AM-12:00N	8:00AM-10:00AM	\$210	
	PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM				
MIGHTY DAWGS	AM						9:00AM-11:45AM	8:00AM-10:00AM	\$195	
	PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM	5:30PM – 7:30PM				
WONDER DAWGS	AM						9:00AM-11:30AM	8:00AM-10:00AM	\$170	
	PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM				
MINI MUTTS	AM						9:00AM-10:00AM	9:00AM-10:00AM	\$160	**Practice Schedule adjustments will be communicated in the Weekly Newsletter. **Swimmers may choose from the AM or PM option on weekends when offered. **Splash may choose from 2 days each week. **Dash may choose from 3 days each week. **High School Prep runs September 8th to November 16th ONLY.
	PM	5:30PM – 6:30PM	5:30PM – 6:30PM	5:30PM – 6:30PM	5:30PM – 6:30PM	5:30PM – 6:30PM	4:30PM-5:30PM	4:30PM-5:30PM		
PUPS	AM						10:00AM-10:30AM	10:00AM-10:30AM	\$150	
	PM	5:45PM – 6:15PM	5:45PM – 6:15PM	5:45PM – 6:15PM	5:45PM – 6:15PM	5:45PM – 6:15PM	4:30PM-5:00PM	4:30PM-5:00PM		
SPLASH/ DASH	AM						9:00AM-10:00AM	9:00AM-10:00AM	\$150 – DASH	
	PM	6:00PM – 7:00PM	6:00PM – 7:00PM	6:00PM – 7:00PM	6:00PM – 7:00PM	6:00PM – 7:00PM	5:30PM-6:30PM	5:30PM-6:30PM	\$125 - SPLASH	
HIGH SCHOOL PREP	AM								\$400	
	PM	7:00PM – 8:30PM	7:00PM – 8:30PM	7:00PM – 8:30PM	7:00PM – 8:30PM	7:00PM – 8:30PM	5:30PM-6:30PM	5:30PM-6:30PM	[TOTAL PROGRAM FEE]	

PIKE CREEK - Practice Schedule September 3rd to June 10th

GROUPS	PIKE CREEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COST [MONTHLY]	NOTES
BIG DAWGS	AM								\$220	**Practice Schedule adjustments will be communicated in the Weekly Newsletter.
	PM	6:45PM – 8:30PM	6:45PM – 8:30PM	6:45PM – 8:30PM	6:45PM – 8:30PM	6:45PM – 8:30PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE		
MIGHTY DAWGS	AM								\$195	**ALL practices include dryland; please bring gym clothes.
	PM	6:45PM – 8:30PM	6:45PM – 8:30PM	6:45PM – 8:30PM	6:45PM – 8:30PM	6:45PM – 8:30PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE		
WONDER DAWGS	AM								\$170	**Practice Schedule adjustments will be communicated in the Weekly Newsletter.
	PM	6:45PM – 8:15PM	6:45PM – 8:15PM	6:45PM – 8:15PM	6:45PM – 8:15PM	6:45PM – 8:15PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE		
MINI MUTTS	AM								\$160	**Swimmers may choose from the AM or PM option on weekends when offered.
	PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE		
PUPS	AM								\$150	**Splash may choose from 2 days each week. **Dash may choose from 3 days each week.
	PM	6:00PM – 6:30PM	6:00PM – 6:30PM	6:00PM – 6:30PM	6:00PM – 6:30PM	6:00PM – 6:30PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE		
SPLASH/ DASH	AM								\$150 – DASH	**High School Prep runs September 8 th to November 16 th ONLY.
	PM	6:00PM – 7:00PM [DASH only]	6:00PM – 7:00PM [SPLASH only]	6:00PM – 7:00PM [DASH only]	6:00PM – 7:00PM [SPLASH only]	6:00PM – 7:00PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$125 – SPLASH	
HIGH SCHOOL PREP	AM									
	PM	7:00PM – 8:30PM	7:00PM – 8:30PM	7:00PM – 8:30PM	7:00PM – 8:30PM	7:00PM – 8:30PM	SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$400 [TOTAL PROGRAM FEE]	

PS DUPONT - Practice Schedule September 3rd to May 21st

[***Practice Schedule November 17th to February 22ND]

***these dates occur during the high school swimming season & may affect practice start times;

ALL adjustments will be communicated via the Weekly Newsletter email***

GROUPS	PS DUPONT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COST [MONTHLY]	NOTES
SENIORS [BLUE/ YELLOW/ GREEN/ GOLD]	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$310 – BLUE \$270 – YELLOW \$250 – GREEN \$235 - GOLD	**Practice Schedule adjustments will be communicated in the Weekly Newsletter. **Senior Weekday AM practices will be communicated via the Weekly Newsletter. **ALL practices include dryland; please bring gym clothes.
	PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	SEE OTHER LOCATIONS				
BIG DAWGS	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$220	
	PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	SEE OTHER LOCATIONS				
MIGHTY DAWGS	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$195	
	PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	5:45PM – 7:30PM	SEE OTHER LOCATIONS				
WONDER DAWGS	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$170	
	PM	5:45PM – 7:15PM	5:45PM – 7:15PM	5:45PM – 7:15PM	5:45PM – 7:15PM	SEE OTHER LOCATIONS				
MINI MUTTS	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$160	
	PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	SEE OTHER LOCATIONS				
PUPS	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$150	**Practice Schedule adjustments will be communicated in the Weekly Newsletter. **Swimmers may choose from the AM or PM option on weekends when offered. **Splash may choose from 2 days each week. **Dash may choose from 3 days each week. **High School Prep runs September 8th to November 16th ONLY.
	PM	6:00PM – 6:30PM	6:00PM – 6:30PM	6:00PM – 6:30PM	6:00PM – 6:30PM	SEE OTHER LOCATIONS				
SPLASH/ DASH	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$150 – DASH	
	PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	5:00PM – 6:00PM	SEE OTHER LOCATIONS			\$125 - SPLASH	
HIGH SCHOOL PREP	AM						SEE NEW CASTLE SCHEDULE	SEE NEW CASTLE SCHEDULE	\$400 [TOTAL PROGRAM FEE]	
	PM	6:00PM – 7:30PM	6:00PM – 7:30PM	6:00PM – 7:30PM	6:00PM – 7:30PM	SEE OTHER LOCATIONS				