

Holiday Practice Schedule

December 23rd – Monday

- Silver, Gold, & Platinum will practice from 1-3:30PM @ RHS
- Levels 6, 7 & Bronze will practice from 3:30-5PM @ RHS
- Levels 4-5 will practice from 9:55-11:25AM @ the YMCA
- 8&Unders will practice from 4-4:40PM @ the YMCA – Backstroke Day
- 9-10s will practice from 4:40-5:20PM @ the YMCA – Backstroke Day
- 11+ will practice from 5:20-6PM @ the YMCA – Backstroke Day

December 24th – Tuesday

- Silver, Gold, & Platinum will practice from 9:45-11:45AM @ the YMCA

December 25th – Wednesday

- OFF

December 26th – Thursday

- Levels 6, 7, & Bronze will practice from 9:55-11:25AM @ the YMCA
- Silver, Gold, & Platinum will practice from 1-3:30PM @ RHS
- 8&Unders will practice from 4-4:45PM @ the YMCA – Breaststroke Day
- 9-10s will practice from 4:45-5:30PM @ the YMCA – Breaststroke Day
- 11+ will practice from 5:30-6:15PM @ the YMCA – Breaststroke Day

December 27th – Friday

- Silver, Gold, & Platinum will practice from 6-8AM @ RHS
- Level 7 & Bronze will practice from 9:45-11:15AM @ the YMCA
- 8&Unders will practice from 4-4:45PM @ the YMCA – Starts & Turns
- 9-10s will practice from 4:45-5:30PM @ the YMCA – Starts & Turns
- 11+ will practice from 5:30-6:15PM @ the YMCA – Starts & Turns

December 28th – Saturday

- Silver, Gold, & Platinum from 9-11:30AM @ the YMCA
- Levels 6, 7, & Bronze from 11:30AM-1PM @ the YMCA

December 29th – Sunday

- Regular Schedule

December 30th – Monday

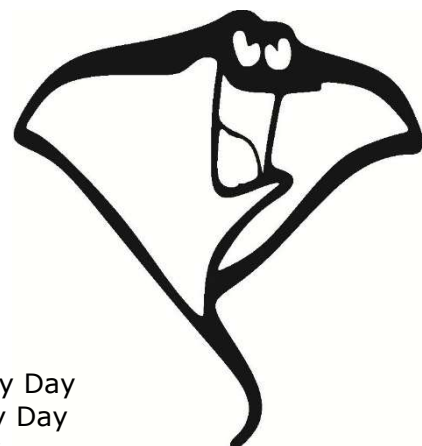
- Silver, Gold, & Platinum will practice from 1-3:30PM @ RHS
- Levels 6, 7 & Bronze will practice from 3:30-5PM @ RHS
- Levels 4-5 will practice from 9:55-11:25AM @ the YMCA
- 8&Unders will practice from 4-4:40PM @ the YMCA – Butterfly Day
- 9-10s will practice from 4:40-5:20PM @ the YMCA – Butterfly Day
- 11+ will practice from 5:20-6PM @ the YMCA – Butterfly Day

December 31st – Tuesday

- Silver, Gold, & Platinum will practice from 9:45-11:30AM

January 1st – OFF

January 2nd – Return to Winter Schedule



We will once again have special recognition to the Silver, Gold, & Platinum Athletes who make all scheduled workouts start to finish during holiday week.