

2025-26 SwimMAC PRACTICE SCHEDULE AT LATIN

<u>SENIOR 1</u>		
Monday	3:45-6:45 PM	Swim & Dryland
Tuesday	3:45-6:45 PM	Swim & Dryland
Wednesday	3:45-6:45 PM	Swim & Dryland
Thursday	3:45-6:45 PM	Swim & Dryland
Friday	3:45-5:45 PM	Swim
Saturday	6:45-9:00 AM	Swim
Sunday *starting date TBA	Time TBA	Swim

<u>SENIOR 2</u>		
Monday	3:45-6:45 PM	Swim & Dryland
Tuesday	3:45-6:45 PM	Swim & Dryland
Wednesday	3:45-6:45 PM	Swim & Dryland
Thursday	3:45-6:45 PM	Swim & Dryland
Friday	3:45-5:45 PM	Swim
Saturday	6:45-9:00 AM	Swim

<u>SENIOR 3</u>		
Monday	7:15-9:00 PM	Swim
Tuesday	6:15-9:00 PM	Dryland & Swim
Wednesday	7:15-9:00 PM	Swim
Thursday	7:15-9:00 PM	Swim
Friday	3:45-6:15 PM	Swim & Dryland
Saturday	6:45-10:00 AM	Swim & Dryland

<u>SHARK 1</u>		
Monday	7:00- 9:00 PM	Swim
Tuesday	4:45- 7:30 PM	Dryland & Swim
Wednesday	7:00- 9:00 PM	Swim
Thursday	4:45- 7:30 PM	Dryland & Swim
Friday	5:15-7:15 PM	Swim
Saturday	8:00-11:00 AM	Dryland & Swim
Sunday *starting date TBA	8:30-10:30AM	Swim

<u>SHARK 2</u>		
Monday	6:45-9:00 PM	Dryland & Swim
Tuesday	5:45-7:30 PM	Swim
Wednesday	6:45-9:00 PM	Dryland & Swim
Thursday	5:45-7:30 PM	Swim
Friday	6:15-9:00 PM	Dryland & Swim
Saturday	9:00-11:00 AM	Swim

2025-26 SwimMAC PRACTICE SCHEDULE AT LATIN

<u>SHARK 3</u>		
Monday	6:45-9:00 PM	Dryland & Swim
Tuesday	6:00-7:30 PM	Swim
Wednesday	6:45-9:00 PM	Dryland & Swim
Thursday	7:15-9:00 PM	Swim
Friday	4:45-7:15 PM	Dryland & Swim
Saturday	9:00-11:00 AM	Swim

<u>DOLPHIN 1</u>		
Monday	5:45-7:30 PM	Swim
Tuesday	6:45-9:00 PM	Dryland & Swim
Wednesday	5:45-7:30 PM	Swim
Thursday	6:45-9:00 PM	Dryland & Swim
Friday	7:15-9:00 PM	Swim
Saturday	10:30 AM- 1:00 PM	Dryland & Swim

<u>DOLPHIN 2</u>		
Monday	5:45-7:15 PM	Swim
Tuesday	6:45-9:00 PM	Dryland & Swim
Wednesday	5:45-7:15 PM	Swim
Thursday	6:45-9:00 PM	Dryland & Swim
Friday	7:15-9:00 PM	Swim
Saturday	10:30 AM- 1:00 PM	Dryland & Swim

<u>DOLPHIN 3</u>		
Monday	5:00-7:00 PM	Dryland & Swim
Tuesday	7:30-9:00 PM	Swim
Wednesday	5:00-7:00 PM	Dryland & Swim
Friday	6:45-8:45 PM	Dryland & Swim
Saturday	11:30 AM- 1:00 PM	Swim

<u>MARLIN 1</u>		
Monday	5:30-7:30 PM	Dryland & Swim
Wednesday	5:30-7:30 PM	Dryland & Swim
Thursday	5:45-7:15 PM	Swim
Friday	5:15-7:15 PM	Dryland & Swim
Saturday	10:15 AM- 12:00 PM	Swim at Charlotte Country Day

<u>MARLIN 2</u>		
Tuesday	5:15-7:00 PM	Dryland & Swim
Thursday	5:30-7:15 PM	Dryland & Swim
Friday	5:15-7:15 PM	Dryland & Swim
Saturday	8:45-10:15 AM	Swim at Charlotte Country Day

2025-26 SwimMAC PRACTICE SCHEDULE AT LATIN

<u>MARLIN 3- M/W GROUP</u>		
Monday	4:45-6:00 PM	Dryland & Swim
Wednesday	4:45-6:00 PM	Dryland & Swim
Saturday	11:15 AM- 12:15 PM	Swim

<u>MARLIN 3- T/Th GROUP</u>		
Tuesday	4:45-6:00 PM	Dryland & Swim
Thursday	4:45-6:00 PM	Dryland & Swim
Saturday	11:15 AM- 12:15 PM	Swim