

2025 SwimMAC South Thanksgiving Break Practice Schedule at Latin

<u>Wednesday, November 26</u>			
	Senior 1	7:00-9:00am	swimming
	Senior 2	7:00-10:00am	swimming & dryland
	Senior 3	9:00-11:00am	swimming
	Shark 1	7:00-9:00am	swimming
		3:00-5:00pm	swimming
	Shark 2	8:15-11:00am	dryland & swimming
	Shark 3	10:15am-12:45pm	dryland & swimming
	Dolphin 1	9:15-11:00am	swimming
		5:00-6:30pm	swimming
	Dolphin 2	11:00am-12:45pm	swimming
	Dolphin 3	10:15am-12:45pm	dryland & swimming
<u>Thursday, November 27</u>			
	Happy Thanksgiving!	No Practices	
<u>Friday, November 28</u>			
	Senior 1	2:00-5:00pm	dryland & swimming
	Senior 2	3:00-5:00pm	swimming
	Senior 3	3:00-5:30pm	swimming & dryland
	Shark 1	8:00-11:00am	swimming & dryland
		5:00-7:00pm	swimming
	Shark 2	5:00-7:00pm	swimming
	Shark 3	8:00-11:00am	swimming & dryland
	Dolphin 1	9:15-11:45am	dryland & swimming
	Dolphin 2	9:15-11:45am	dryland & swimming
	Dolphin 3	10:00am-12:30pm	swimming & dryland
	Marlin 1	4:30-6:30pm	dryland & swimming
	Marlin 2	4:30-6:30pm	dryland & swimming
<u>Saturday, November 29</u>			
	High Performance	9:00-11:00am	swimming
	Senior 1	6:45-9:00am	swimming
	Senior 2	6:45-9:00am	swimming
	Senior 3	6:45-10:00am	swimming & dryland
	Shark 1	8:00-11:00am	dryland & swimming
	Shark 2	9:00-11:00am	swimming
	Shark 3	9:00-11:00am	swimming
	Dolphin 1	10:30am-1:00pm	dryland & swimming
	Dolphin 2	10:30am-1:00pm	dryland & swimming
	Dolphin 3	12:00-1:45pm	swimming
	Marlin 1	11:00am-12:30pm	swimming
	Marlin 2	12:30-1:45pm	swimming
	Marlin 3 (all)	11:00am-12:00pm	swimming
<u>Sunday, November 30</u>			
	Shark 1	8:30-10:00am	swimming