

# APRIL 2024 PRACTICE SCHEDULE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 First Day of LC for Senior/National Groups  Senior/Nat 4:00-5:30PM	9 Senior/Nat 4:00-5:30PM	10 Senior/Nat 4:00-5:30PM	11 Senior/Nat 4:00-5:30PM	12 No Practice	13
14	15 Senior/Nat 4:00-5:30PM	16 Senior/Nat 4:00-5:30PM	17 Senior/Nat 4:00-5:30PM	18 Senior/Nat 4:00-5:30PM	19 No Practice	20
21	22 Senior/Nat 4:00-5:30PM	23 Senior/Nat 4:00-5:30PM	24 Senior/Nat 4:00-5:30PM	25 Senior/Nat 4:00-5:30PM	26 No Practice	27
28	29 Senior/Nat 4:00-5:30PM	30 Senior/Nat 4:00-5:30PM				

This is the schedule for the month of April. When coming to this practice you need your swimming equipment (suit, goggles) & also dryland clothes (running shoes, shorts, pants, shirt) we will be doing some preseason workouts outside possibly.

\*\*\*4:00-5:30pm workout is for the Senior & National Group Swimmers only\*\*\*