

FALL SCHEDULE

September 16th to March 23rd

Kraken Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Swim	6:30-7:30 PM @ PIP		6:30-7:30 PM @ PIP		

Leviathan Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Swim	6:30-7:30 PM @ PIP		6:30-7:30 PM @ PIP		5:00-6:00 PM @ PIP

Siren Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Dryland		5:45-6:30 PM @ PIP	5:45-6:30 PM @ PIP		
Swim	6:30-7:30 PM @ PIP	6:30-7:30 PM @ PIP	6:30-7:30 PM @ PIP		5:00-6:00 PM @ PIP

Hydra Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Dryland		6:45-7:30 PM @ PIP	6:45-7:30 PM @ PIP	6:45-7:30 PM @ PIP	
Swim	7:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	6:00-7:00 PM @ PIP

Triton Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Dryland		5:45-6:30 PM @ PIP	6:45-7:30 PM @ PIP	6:45-7:30 PM @ PIP	
Swim	7:30-8:30 PM @ PIP	6:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	5:00-7:00 PM @ PIP

Poseidon Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Dryland		5:45-6:30 PM @ PIP	6:45-7:30 PM @ PIP	6:45-7:30 PM @ PIP	
Swim	7:30-8:30 PM @ PIP	6:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	7:30-8:30 PM @ PIP	5:00-7:00 PM @ PIP