

Group	Venue	Day	Practice Time	Group	Venue	Day	Practice Time
Senior 1 <i>14/older</i>	LHY	M	6:15-7:15pm dryland & 7:30-9pm swim	Senior 2 <i>14/older</i>	Drew	M	6:30-8:30pm
	LHY	TU	6:30-8:30pm			TU	Off
	Drew	W	6:30-8:30pm		LHY	W	6:30-7:30pm swim & 7:40-8:30pm dryland
		TH	Off		LHY	TH	5:30-6:20 dryland & 6:30-8:30pm swim
	LHY	F	6-6:50pm dryland & 7-8:30pm swim		LHY	F	5:30-7pm
	Drew	SA	11-1pm		Drew	SA	11am-1pm
	Drew	SU	8:30-11am		Drew	SU	8:30-11am
Senior 3 <i>13/older</i>	Drew	M	6:30-8:30pm	Senior 4 <i>13/older</i>	LHY	M	5:30-7pm swim & 7:15-8:05pm dryland
		TU	Off			TU	Off
	LHY	W	6:30-7:20 dryland & 7:30-8:30pm swim		Drew	W	6:30-8:30
	LHY	TH	6:30-8:30pm		LHY	TH	5:30-6:30pm swim & 6:40-7:30pm dryland
	LHY	F	5:30-7pm swim & 7:10 to 8pm dryland		LHY	F	7:00-8:30pm
	Drew	SA	11-1pm		LHY	SA	7:45-9:45am
	Drew	SU	8:30-11am		LHY	SU	8:30-11am
Age Group 1 <i>11-12 yr olds</i>	LHY	M	7:30-9pm	Age Group 2 <i>11-12 yr olds</i>	LHY	M	7-8:30pm
	LHY	TU	5:30-7pm swim & 7:10-8pm dryland		LHY	TU	6 to 6:50pm Dryland & 7-8:30pm swim
	Drew	W	6:30-8:30pm		LHY	W	7:00-8:30pm
		TH	Off			TH	Off
	Drew	F	6:30-8:30pm		Drew	F	6:30-8:00pm
		SA	Off (except for meets)		LHY	SA	7:45-9:15am
	LHY	SU	8:30-10:30am			SU	Off (except for meets)
Age Group 3 <i>9-10 yr olds</i>	LHY	M	6:30-7:30pm	Age Group 4 <i>10/under</i>	Drew	M	6:30-8:00pm
	LHY	TU	6:30-8pm			TU	Off
		W	Off		LHY	W	5:30-7:00pm
		TH	Off			TH	Off
	Drew	F	7:30-8:30pm		Drew	F	6:30-7:30pm
	LHY	SA	09:15-10:45am		LHY	SA	10:45-11:45am
	LHY	SU	10:30-12pm		LHY	SU	12-1pm
Super Squad 1 <i>8/under</i>		M	Off	Super Squad 2 <i>8/under</i>		M	Off
	Craig	TU	7-8pm		Craig	TU	6-7pm
		W	Off			W	Off
	Craig	TH	7-8pm		Craig	TH	6-7pm
		F	Off			F	Off
	LHY	SA	9:45-10:45am		LHY	SA	10:45-11:45am
	LHY	SU	12-1pm		LHY	SU	11am-noon

Swimmers should arrive no more than 15 minutes prior to their practice time for stretching (come right at scheduled time for dryland).