

CLIPPERS SWIMMING 2024-2025 Practice Schedule Session 2 EFFECTIVE DEC 9TH

Practices include water time. Changes due to weather conditions will be posted on our web site. All swimmers should be ready for practice with the required equipment (if any) at least 10 minutes before practice starts. **Dry Land (DL) start immediately** **AM = morning practice before school**

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinghies	5:30-6:15 PM	OFF	5:30-6:15 PM	OFF	DL 4:50 - 5:20PM 5:30-6:30 PM	10:00-11:00 AM
Schooners	DL 4:45-5:15 PM 5:30-6:45 PM	5:30-6:30 PM	DL 4:45-5:15 PM 5:30-6:45 PM	OFF	5:30-6:45 PM	10:00-11:30 AM
Brigantines	DL 5:30-6:05 PM 6:15-7:45 PM	5:30-7:30 PM	DL 5:30-6:05 PM 6:15-7:45 PM	5:30-7:30 PM	5:00-6:45 PM	DL 9:15-9:50 AM 10:00-11:30 AM
Barques	6:45-8:30 PM	DL 6:00-6:50 PM 7:00-8:30 PM	3:45-5:30 PM	6:30-8:30 PM	DL 4:00-4:50 PM 5:00-6:30 PM	8:00-10:00 AM DL 10:10-11:00 AM
Galleons	3:30-5:30 PM	DL 4:30-5:20 PM 5:30-7:30 PM	<u>5:10-6:45 AM</u> 3:30-5:30 PM	DL 3:30-4:20 PM 4:30-6:30 PM	<u>5:10-6:45 AM</u> 3:30-5:00 PM	8:00-10:00 AM DL 10:10-11:00 AM
Dutch	<u>5:10-6:45 AM</u> 3:30-5:30 PM DL 5:40-6:40 PM	3:30-5:30 PM	<u>5:10-6:45 AM</u> DL 6:00-6:50 PM 7:00-8:30 PM	3:30-5:30 PM	<u>5:10-6:45 AM</u> 3:30-5:00 PM DL 5:10-6:10 PM	8:00-10:00 AM
Man of War	<u>5:10-6:45 AM</u> 3:30-5:30 PM	3:30-5:30 PM DL 5:40-6:40 PM	<u>5:10-6:45 AM</u> 3:30-5:30 PM	3:30-5:30 PM DL 5:40-6:40 PM	<u>5:10-6:45 AM</u> 3:30-5:00 PM	DL 7:00-8:00 AM 8:00-10:00 AM

Practices are subject to change when the team is away at a meet or for other reasons. Lead coaches will notify their groups by email of any changes.