

	Sunday 11/16	Monday 11/17	Tuesday 11/18	Wed 11/19	Thursday 11/20	Friday 11/21 Swim Meet @ WTSC	Saturday 11/22 Swim Meet @ WTSC
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad		5:30-6:30 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	No Practice	
Green Squad		5:30-6:30 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	NO DL SW 6:30-8 pm	No Practice	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm NO DL	No Practice	
Senior Squad (includes Pre HS)		SW 4:15-6:30 pm DL 6:30-7:30 pm	See Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm NO DL	No Practice	
Distance Squad			NO DL SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm NO DL				

	Sunday 11/23 Swim Meet @ WTSC	Monday 11/24	Tuesday 11/25	Wed 11/26	Thursday 11/27	Friday 11/28	Saturday 11/29
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	No Practice		SW 6:15-7:15 pm	No Practice		
Blue Squad		No Practice		DL 6-6:30 pm SW 6:30-7:45 pm	No Practice	SW 6-7:15 pm	
Green Squad		No Practice	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	No Practice	SW 5-7 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	No Practice	SW 5:30-7 am SW 5-7 pm	
Senior Squad (includes Pre HS)		SW 4:15-6:30 pm DL 6:30-7:30 pm	See Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	No Practice	SW 5:30-7 am SW 4-6 pm	
Distance Squad			DL 4:15-5:30 SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm NO DL				

	Sunday 11/30	Monday 12/1	Tuesday 12/2	Wed 12/3	Thursday 12/4	Friday 12/5	Saturday 12/6
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6-7:15 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	SW 5-7 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 5-7 pm	
Senior Squad (includes Pre HS)		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 4-6 pm	
Distance Squad			DL 4:15-5:30 SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm DL 6-7 pm				

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6-7:15 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	SW 5-7 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 5-7 pm	
Senior Squad (includes Pre HS)		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 4-6 pm	
Distance Squad			DL 4:15-5:30 SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm DL 6-7 pm				

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6-7:15 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	SW 5-7 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 5-7 pm	
Senior Squad (includes Pre HS)		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 4-6 pm	
Distance Squad			DL 4:15-5:30 SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm DL 6-7 pm				