

REC-PLEX SHARKS | 2024 Summer Practices | June & July

TIGER

	Start	End	Pool
Monday - AM	10:15 AM	11:00 AM	Laurel Park
Tuesday - PM	5:30 PM	6:15 PM	Cove
Thursday - PM	5:30 PM	6:15 PM	Cove
Friday - PM	7:00 PM	7:45 PM	Laurel Park

MAKO

	Start	End	Pool
Monday - AM	9:00 AM	10:15 AM	Laurel Park
Monday - PM	7:00 PM	8:15 PM	Laurel Park
Tuesday - AM	9:00 AM	10:15 AM	Laurel Park
Tuesday - PM	5:30 PM	6:30 PM	Cove
Wednesday - AM	7:30 AM	8:30 AM	Cove
Thursday - PM	5:30 PM	6:30 PM	Cove
Friday - AM	9:00 AM	10:15 AM	Cove
Friday - PM	7:00 PM	8:15 PM	Laurel Park

LEOPARD

	Start	End	Pool
Monday - AM	7:30 AM	9:00 AM	Laurel Park
Monday - PM	7:00 PM	8:15 PM	Laurel Park
Tuesday - AM	7:30 AM	9:00 AM	Laurel Park
Tuesday - PM	7:30 PM	8:45 PM	Cove
Wednesday - AM	6:15 AM	7:30 AM	Cove
Thursday - PM	7:30 PM	8:45 PM	Cove
Friday - AM	7:30 AM	9:00 AM	Cove
Friday - PM	7:00 PM	8:15 PM	Laurel Park
Saturday - AM	8:30 AM	10:00 AM	Laurel Park

JUNIOR VARSITY

	Start	End	Pool
Monday - AM	6:00 AM	7:30 AM	Laurel Park
Monday - PM	5:00 PM	7:00 PM	Laurel Park
Tuesday - AM	6:00 AM	7:30 AM	Laurel Park
Tuesday - PM	4:00 PM	5:30 PM	Cove
Wednesday - AM	5:00 AM	6:15 AM	Cove
Thursday - PM	4:00 PM	5:30 PM	Cove
Friday - AM	6:00 AM	7:30 AM	Cove
Friday - PM	5:00 PM	7:00 PM	Laurel Park
Saturday - AM	7:00 AM	8:30 AM	Laurel Park



HAMMERHEAD

	Start	End	Pool
Monday - AM	9:00 AM	10:15 AM	Laurel Park
Monday - PM	7:00 PM	8:15 PM	Laurel Park
Tuesday - AM	9:00 AM	10:15 AM	Laurel Park
Tuesday - PM	7:30 PM	8:45 PM	Cove
Wednesday - AM	7:30 AM	8:30 AM	Cove
Thursday - PM	7:30 PM	8:45 PM	Cove
Friday - AM	9:00 AM	10:15 AM	Cove
Friday - PM	7:00 PM	8:15 PM	Laurel Park
Saturday - AM	8:30 AM	10:00 AM	Laurel Park

THRESHER

	Start	End	Pool
Monday - AM	7:30 AM	9:00 AM	Laurel Park
Monday - PM	7:00 PM	8:15 PM	Laurel Park
Tuesday - AM	7:30 AM	9:00 AM	Laurel Park
Tuesday - PM	7:30 PM	8:45 PM	Cove
Wednesday - AM	6:15 AM	7:30 AM	Cove
Thursday - PM	7:30 PM	8:45 PM	Cove
Friday - AM	7:30 AM	9:00 AM	Cove
Friday - PM	7:00 PM	8:15 PM	Laurel Park
Saturday - AM	7:00 AM	8:30 AM	Laurel Park

VARSITY

	Start	End	Pool
Monday - AM	6:00 AM	7:30 AM	Laurel Park
Monday - PM	5:00 PM	7:00 PM	Laurel Park
Tuesday - AM	6:00 AM	7:30 AM	Laurel Park
Tuesday - PM	4:00 PM	5:30 PM	Cove
Wednesday - AM	5:00 AM	6:15 AM	Cove
Thursday - PM	4:00 PM	5:30 PM	Cove
Friday - AM	6:00 AM	7:30 AM	Cove
Friday - PM	5:00 PM	7:00 PM	Laurel Park
Saturday - AM	7:00 AM	8:30 AM	Laurel Park

DRYLAND PRACTICE DAYS & TIMES ARE TO BE DETERMINED

**PRACTICE DAYS / TIMES / LOCATIONS ARE SUBJECT TO CHANGE
BASED ON POOL AVAILABILITY & GROUP SIZES**