Fall Practice Schedule

BASE FALL SWIM SCHEDULE

	Mon	Tuesday	Wed	Thursday	Friday	Sat	Sunday
Nat & Nat	5am –	OFF	5am –	OFF	5am –	6am –	7am -
Development	7:15am		7:15am		7:15am	9am	9am
	Schaal		Schaal		Schaal	Schaal	Schaal
	4pm –	6:15pm –	4pm –	6:15pm –	4pm –		
	6pm	8pm	6pm	8pm	6pm		
	Schaal	Schaal	Schaal	Schaal	Schaal		
Senior Speed	5am –	OFF	5am –	OFF	5am –	7am –	7am -
	7:15am		7:15am		7:15am	9am	9am
	Schaal		Schaal		Schaal	Schaal	Schaal
	5:45pm –	5:45pm –	4pm –	5:45pm –	4pm –		
	7:30pm	7:30pm	6pm	7:30pm	6pm		
	Manor	Manor	Schaal	Manor	Schaal		