

## Fall Practice Schedule

### BASE FALL SWIM SCHEDULE

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