

Practice Schedule starting on 9/11/2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1 Grace	5:30-7:00am 4:30-5:30pm dryland only Comp pool	4:30-6:30pm Comp pool	5:30-7:00am 4:30-5:30pm dryland only Comp pool	4:30-6:30pm Comp pool	5:30-7:00am	7:00-9:30am
Senior 2 Grace	4:30-5:30pm dryland 5:30-6:30pm Swim Comp pool ***Amelia***	4:30-6:30pm Comp pool	4:30-5:30pm dryland 5:30-6:30pm Swim Comp pool ***Amelia***	4:30-6:30pm Comp pool	5:30-7:00am	7:00-9:30am
Senior Prep Rachel	4:00-5:15pm swim 5:30-6:30pm dryland	3:45-5:30pm Comp pool	4:00-5:15pm swim 5:30-6:30pm dryland	3:45-5:30pm Comp pool	4:30-6:30pm ***Clinton***	7:00-9:30am ***Clinton*** Include dryland
Age Group 1 Clinton	5:30-7:00pm	5:30-7:00pm Comp pool	5:30-7:00pm Comp pool	5:30-7:00pm Comp pool	4:30-6:30pm ***Emma***	7:00-9:30am ***Clinton*** Include dryland
Discovery 1 Emma	5:00-6:30pm comp pool	5:00-6:30pm comp pool	5:00-6:30pm Comp pool	5:00-6:30pm Comp pool		
Age Group 2 Emma	3:30-4:45pm Rec pool	3:30-4:45pm Rec pool	3:30-4:45pm Rec pool	3:30-4:45pm Rec pool	4:30-6:00pm ***Tiare***	
Discovery 2 Tiare	4:30-5:30pm Rec Pool	4:30-5:30pm Rec Pool	4:30-5:30pm Rec pool	4:30-5:30pm Rec pool		
Age Group 3 Grace	3:30-4:15pm Reco Pool	3:30-4:15pm Rec pool	3:30-4:15pm Rec pool	3:30-4:15pm Rec pool		
Discovery 3 Tiare	3:30-4:15pm Rec pool	3:30-4:15pm Rec pool	3:30-4:15pm Rec pool	3:30-4:15pm Rec pool		
Intro to the Team Kayla		5:00-5:30pm 5:30-6:00pm Rec Pool		5:00-5:30pm 5:30-6:00pm Rec Pool		