



## 2023-2024 PRACTICE SCHEDULE, SENIOR PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Senior Blue</b>	5:30 - 7:30 am Swim	5:30 - 7:30 am Swim	5:30 - 8:00 am Dryland + Swim	5:30 - 7:30 am Swim	5:30-7:30 am Swim	6:00-8:30 am Dryland + Swim
<b>Senior Orange</b>	5:30 - 7:30 am Swim	5:30 - 7:30 am Swim	5:30 - 8:00 am Dryland + Swim	5:30 - 7:30 am Swim	5:30-7:30 am Swim	6:00 - 8:30 am Dryland + Swim
<b>Senior National</b>	5:30 - 7:30 am Swim	5:30 - 8:00 am Dry Land + Swim	5:30 - 7:30 am Swim	5:30 - 7:30 am Swim	5:30-7:30 am Swim	6:00 - 8:30 am Dry Land + Swim

