



Meadowlands Sharks Swim Team

Short Course 2023-2024



Practices Begin Monday, September 11, 2023

GROUP	DAYS	TIME
Beginner	Monday & Wednesday	4:30-5:30 PM
Novice	Monday, Wednesday & Friday	4:30-5:30 PM
Junior 1	Monday to Friday	5:30-6:30 PM
Junior 2	Monday, Wednesday & Friday Tuesday & Thursday Dryland Wednesday	5:30-6:30 PM 5:00-6:30 PM 6:30-7:30 PM
Senior	Monday to Friday Dryland Wednesday	6:30-8:00 PM 5:30-6:30 PM