



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 |