

July 2024 Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
	No Pre-Swim Practices this week				No Practice Independence Day Break	
	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC			
	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South			
	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC			
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Developmental 7:45-8:45am South	AQST Summer Sizzler Invite
	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC		
	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South		
	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC		
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
AQST Summer Sizzler Invite	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Pre-Swim Team 4:45-5:30pm Fercho YMCA	Pre-Swim Team 4:45-5:30pm Fercho YMCA		
	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC	Developmental 6:30-7:30pm HAC		
	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	Age Group 1 & 2 6:30-8:00pm HAC Age Group 2 7:15-8:45am South	ND Long Course State Championship Bismarck Aquatic Center	
	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC	Senior 6:45-8:45am South 6:30-8:30pm HAC		
	State Team Only This Week	State Team Only This Week	State Team Only This Week	State Team Only This Week		
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
ND Long Course State Championship BAC		Futures & Zones Practices this week TBD				

* 2-A-Day practices are for AG II, Senior I, and Senior II