

# Winter Practice Schedule

SENIOR 1	AM Swim	PM Swim	Dryland
Monday	5:30-7:00	4:00-6:00	
Tuesday		4:00-6:00	6:15-7:00
Wednesday	5:30-7:00	4:00-6:00	
Thursday		4:00-6:00	6:15-7:00
Friday	5:30-7:00	4:00-6:00	
Saturday	8:00-10:00		10:15-11:00

JUNIOR 1	Swim (PM)	Dryland
Monday	5:00-7:00	
Tuesday	5:00-7:00	
Wednesday	5:00-7:00	7:15-8:00
Thursday	5:00-7:00	
Friday	5:00-7:00	
Saturday (AM)	8:00-10:00	10:15-11:00

NOVICE 1 - A	Swim (PM)	Dryland
Monday	4:00-5:00	
Tuesday		
Wednesday	4:00-5:00	
Thursday		
Friday	4:00-5:00	
Saturday (AM)	10:00-11:00	11:15-12:00

SENIOR 2	AM Swim	PM Swim	Dryland
Monday		4:00-6:00	
Tuesday		4:00-6:00	6:15-7:00
Wednesday	5:30-7:00	4:00-6:00	
Thursday		4:00-6:00	6:15-7:00
Friday	5:30-7:00	4:00-6:00	
Saturday	8:00-10:00		10:15-11:00

JUNIOR 2	Swim (PM)	Dryland
Monday	5:00-7:00	
Tuesday	5:00-7:00	
Wednesday		
Thursday	5:00-7:00	
Friday	5:00-7:00	
Saturday (AM)	10:00-12:00	12:15-1:00

NOVICE 1 - B	Swim (PM)	Dryland
Monday	6:00-7:00	
Tuesday		
Wednesday	6:00-7:00	
Thursday		
Friday	6:00-7:00	
Saturday (AM)	10:00-11:00	11:15-12:00

SENIOR 3	AM Swim	PM Swim	Dryland
Monday		4:00-6:00	
Tuesday		4:00-6:00	6:15-7:00
Wednesday		4:00-6:00	
Thursday		4:00-6:00	6:15-7:00
Friday		4:00-6:00	
Saturday	8:00-10:00		10:15-11:00

JUNIOR 3	Swim (PM)	Dryland
Monday	7:00-8:00	
Tuesday	7:00-8:00	
Wednesday	7:00-8:00	
Thursday	7:00-8:00	
Friday	7:00-8:00	
Saturday (AM)	10:00-12:00	12:15-1:00

NOVICE 2 - A	Swim (PM)	Dryland
Monday		
Tuesday	4:00-5:00	
Wednesday		
Thursday	4:00-5:00	
Friday		
Saturday (AM)	11:00-12:00	12:15-1:00

NOVICE 2 - B	Swim (PM)	Dryland
Monday		
Tuesday	6:00-7:00	
Wednesday		
Thursday	6:00-7:00	
Friday		
Saturday (AM)	11:00-12:00	12:15-1:00

\* All Swimmers are encouraged to attend as many practices as possible

\* Parents of Swimmers in the Novice levels may choose either Practice Schedule A or B

