SASC Fall/Winter Practice Schedule 2018-19

Explanation of Registration Groups

* Senior Level (15 and up)
	+ Suggested attendance of 5 practices a week. At least 4 practices are a week
* Junior Level (Ages 12-14)
	+ Suggested attendance of 5 practices a week. At least 4 practices a week
* Age Group (Ages 10-14)
	+ Suggested attendance of 4 practices a week. At least 3 practices a week
* Developmental Level (Ages 12 and under)
	+ Suggested attendance of at least 2-3 practices a week.
* Sea Puppies – no practice requirement
* Want to Join SASC
	+ For any new swimmer and coach will assign based on ability

Fall/Winter Season Practice Schedule

Senior – Mon to Friday 3:30 to 5:30

Junior- Mon to Friday 5:30 to 7:30

Age group- Mon to Friday 5:30 to 7

Developmental- practice 4 days a week

 White – Mon, Tues, Thurs, Friday 5:30 to 6:30

Blue – Mon and Friday 6:30 to 7:30, Wed 5:30 to 6:30, Thurs 6:30 to 7

Red- Tues 6 to 6:45, Wed and Friday 6:30 to 7:15, Thurs 6:30 to 7

Sea Puppies- practice Tues and Friday 5:30 to 6 or 6 to 6:30