

## Nutmeg Aquatics Swim Team Schedule 2019-2020

*September 3, 2019 - March 19, 2020*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group 1	6:30-7:30	n/a	6:30-7:30	n/a	5:30-6:30	1:00-2:00
Age Group 2	6:00-7:30	5:30-7	6:00-7:30	6:00-7:30	5:30-7:00	11:30-1:00
Senior 1	4:30-6:30 <b>DL</b> <b>*6:35-7:00</b>	7:00-8:30	4:30-6:30	4:30-6:30 <b>DL *6:35-7:00</b>	5:30-7:00	11:30-1:30
Senior 2	5:30-6:30a 4:30-6:30 <b>DL</b> <b>*6:35-7:00</b>	7:00-9:00	4:30-6:30	4:30-6:30 <b>DL *6:35-7:00</b>	5:30-6:30a 5:30-7p	11:30-1:30
Varsity	4:30-6:00	n/a	4:30-6:00	4:30-6:00	n/a	n/a

**\*Denoted practices require sneakers and weather appropriate gym clothes for dryland training.**

***No practices on meet weekends.***