



**WATER RAT SWIM TEAM SUMMER PRACTICE SCHEDULE**

**June 27- July 30**

[Coaches will let groups know when last practice of the summer is.]

Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Red</b>	4:00-4:45 (Y)	OFF	4:00-4:45 (Y)	4:00-4:45 (Y)	OFF	OFF	OFF
<b>Blue</b>	3:15-4:00 (Y)	3:15-4:00 (Y)	3:15-4:00 (Y)	3:15-4:00 (Y)	OFF	OFF	OFF
<b>Discovery III</b>	3:15-4:15 (Y)	3:15-4:15PM (Y)	315-415PM (Y)	315-415PM (Y)	OFF	OFF	OFF
<b>Discovery II</b>	3:15-4:15 (Y)	3:15-4:15PM (Y)	315-415PM (Y)	315-415PM (Y)	OFF	OFF	OFF
<b>Discovery I</b>	4:15-5:30 (Y)	4:15-5:30PM (Y or M)	4:15-5:30 (Y)	4:15-5:30 (M)	OFF	OFF	OFF
<b>Challenger I/ II</b>	4:15-5:45 (Y)	4:15-5:45PM (Y)	415-545PM (Y)	415-545PM (Y)	OFF	845-1015AM (Y) and SR III	OFF
<b>Senior II &amp; III</b>	7-845am (M)	## 7-845 (M)	7-845am (M)	## 7-845am (M)	7-845am (M)	Senior II: 6-845am (Y)	OFF
<b>Senior I</b>	530-8am (HC)	530-8am (HC)  415-6pm (Y) *	530-8am (HC)	530-8am (HC)  415-6pm (Y) *	530-8am (HC)	6-845am (Y)	OFF

**Important Notes:**

**Y = Lap Pool at Y    M = Mahackeno Outdoor Center    HC = Hunt Club**

**\* = Senior I swimmers MUST attend morning practice in order to attend the scheduled afternoon practice on Tuesday and Thursday. Dryland - TBA**

**## = Senior II dryland: 6-650am indoors**

