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| **KSA SPRING PRACTICE SCHEDULE**  **Starting April 4th** | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **SHARKS** | 5:00-6:00 | 5:00-6:00 | No Practice | 5:00-6:00 | No Practice |
| **NAVY** | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-6:30 |
| **GOLD** | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-6:30 |
| **SENIOR PREP** | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-6:30 |
| **SENIOR** | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-6:30 | Stretch  4:50-5:00  Swim  5:00-7:00 | Stretch  4:50-5:00  Swim  5:00-6:30 |