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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** | Stretch4:50-5:00Swim5:00-6:30 | Stretch4:50-5:00Swim5:00-6:30 | Stretch4:50-5:00Swim5:00-6:30 | Stretch4:50-5:00Swim5:00-6:30 |  Stretch4:50-5:00Swim5:00-6:30  |
|  **GOLD** | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-6:30 | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-6:30 |
|  **SENIOR PREP** | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-6:30 | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-6:30 |
|   **SENIOR** | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-6:30 | Stretch4:50-5:00Swim5:00-7:00 | Stretch4:50-5:00Swim5:00-6:30 |