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| **KSA FALL EVENING PRACTICE SCHEDULE**  |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|   **SHARKS** |  6:00-6:45 |  6:00-6:45 |   |  6:00-6:45  |  |
|  **NAVY** |  Dry land 5:30-6:00 Swim 6:00-7:00 |  Dry land 5:30-6:00 Swim 6:00-7:00 |   |  Dry land 5:30-6:00 Swim 6:00-7:00 |   Swim 6:00-7:00 |
|  **GOLD** |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30  |  Dry land 5:30-6:00 Swim 6:00-7:30 |   Swim  6:00-7:30pm  |
|  **SENIOR PREP** |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |   Swim  6:00-7:30pm  |
|   **SENIOR** |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |  Dry land 5:30-6:00 Swim 6:00-7:30 |   Swim  6:00-7:30pm  |

\*No practice on August 2nd , 9th, 12th and 13th

 (click the Team Calendar Tab to view days off)

\*We don’t have practice on Federal Holidays.