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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.