

# Eagle



# Swimming

## Eagle Swimming Association Short Course Practice Schedule Oct 12th - May 28<sup>th</sup>

### Senior:

M, W, F	3:45 – 6:30pm	Dryland Inculed
T,TH	3:45 – 5:45pm	No Dryland
Saturday	8:00 – 10:00am	No Dryland

### Junior:

M / W / F	6:30 – 8:15pm	No Dryland
Tue / Thu	6:00 – 8:15pm	Dryland Inculed
Saturday	8:00 – 10:00am	No Dryland

### Junior Prep:

M / W / F	6:45 – 8:15pm	No Dryland
Tue / Thu	6:15 – 8:15pm	Dryland Inculed
Saturday	10:00 – 11:30am	No Dryland

### Age Group 4:

M / W / F	6:30 – 8:15pm	No Dryland
T / Th	6:00 – 8:15pm	Dryland

### Age Group 3:

M / W / F	4:30 - 6:00pm	No Dryland
T / Th	4:30 - 6:15pm	Dryland
Saturday	11:30am – 12:30pm	No Dryland

### Age Group 2:

Monday – Friday	5:30 – 6:45pm	No Dryland
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**Eagle**



**Swimming**

**Age Group 1:**

Mon – Friday      4:30 – 5:30pm

**Developmental:**

Mon – Thu      4:00 – 4:30pm