

Seniors	<b>Seniors</b>	
	September through March ONLY	
	MWF	4:00 PM - 6:00 PM
	S	7:30 AM - 9:30 AM (When there is no HS or Club Meet Scheduled.)
	April through July	
	M-F	4:00 PM - 6:00 PM
S	7:30 AM - 9:30AM (When there is no Club Meet Scheduled.)	

Junior	<b>Junior</b>	
	September through March ONLY	
	MWF	4:30 PM - 6:00 PM
	S	8:00 AM - 9:30 AM (When there is no HS or Club Meet Scheduled.)
	April through July	
	MWThF	4:30 PM - 6:00 PM
S	8:00 AM - 9:30 AM (When there is no Club Meet Scheduled.)	

Age Group	<b>Age Group</b>	
	TThF	5:00 PM -6:00 PM
	S	8:00 AM - 9:30 AM (When there is no HS or Club Meet Scheduled.)

\*Competitive Team Swimmers Must be evaluated to determine proper group placement.

\*\*Birth Certificates must be presented the first day of Practice.

\*\*\*There will be no Saturday practices when a High School or Club meet is scheduled.

\*\*\*\*Practice will be canceled for any scheduled HS meet during the week.

\*\*\*\*\*No Practices Thanksgiving day, Christmas eve, Christmas day, New years day, Easter. Other Holidays TBA

Future Champions	<b>10 Week Sessions - Do not swim meets</b>	
	<b>Fall Session</b> - September 8 to Nov 13; <b>Spring Session</b> - February 14 to April 30; <b>Summer Session</b> - May 2 to July 9	
	MW	5:15 PM - 6:00 PM
	F	4:15 PM - 5:00 PM

<b>Group Learn to Swim (Ages 5 &amp; Up) - 2 week Sessions - \$85.00/session</b>		
Group 1	M-Th	4:00 PM - 4:30 PM
Group 2	M-Th	4:30 PM - 5:00 PM

\*All swimmers must begin in learn to swim lessons.

\*\*Recommendations will be made for participation in Future Champions.

\*\*\*Birth Certificates must be presented the first day of practice for Future Champions.

\*\*\*\*Practices will be canceled for any scheduled HS meet during the week.