

TOWN - August Practice Schedule *(No practices on Friday 8/19 & Saturday 8/20)*



Group	Pool	Days	Times	Session/Activity
Novice <i>*No practice on Fridays*</i>	KANEWAI	Mondays	5:00 to 5:25pm 5:30 to 5:55pm	Session 1 Session 2
	PALOLO	Tue & Wed	5:00 to 5:25pm 5:30 to 5:55pm	Session 1 Session 2
	KAIMUKI	Thursdays	5:00 to 5:25pm 5:30 to 5:55pm	Session 1 Session 2
Beginner	KANEWAI	Mon & Fri	5:00 to 5:45pm	Swim
	PALOLO	Tue & Wed	5:00 to 6:00pm	Swim
	KAIMUKI	Thursdays	5:00 to 6:00pm	Swim
Intermediate	KANEWAI	Mon & Fri	5:00 to 5:45pm 6:00 to 7:00pm	Dryland Swim
	PALOLO	Tue & Wed Saturdays	5:00 to 6:30pm 11:00am to 1:00pm	Swim
	KAIMUKI	Thursdays	5:00 to 6:30pm	Swim
Senior	KANEWAI	Mon & Fri	5:00 to 5:45pm 5:45 to 7:00pm	Dryland Swim
	PALOLO	Tue & Wed Saturdays	5:00 to 7:00pm 11:00am to 1:00pm	Swim
	KAIMUKI	Thursdays	5:00 to 7:00pm	Swim

