

IFLY Phase 3 Practice Schedule August 24-September 5

Monday-Friday:

Group	Location	Days of Week	Time
Senior Elite	CRWC FH	Monday-Friday Monday-Thursday	8:30-10:00 AM (8:45-9:45 in water) 4:00-5:30 PM (4:15-5:15 in water)
Senior	FH FH	Monday-Thursday Friday	4:00-5:30 PM (4:15-5:15 in water) 5:30-7:00 PM (5:45-6:45 in water)
Junior Elite	CRWC FH	Monday-Thursday Monday-Friday	8:30-10:00 AM (8:45-9:45 in water) 5:30-7:00 PM (5:45-6:45 in water)
Junior	FH	Monday-Friday	5:30-7:00 PM (5:45-6:45 in water)
Pre-Elite	CRWC FH	Monday-Thursday Friday	5:30-7:00 PM (5:45-6:45 in water) 4:00-5:30 PM (4:15-5:15 in water)
Sophomore	CRWC FH	M/W Friday	5:30-7:00 PM (5:45-6:45 in water) 4:00-5:30 PM (4:15-5:15 in water)
Freshmen	CRWC	T/TH	5:30-7:00 PM (5:45-6:45 in water)
Developmental 1	CRWC	Monday	7:00-8:30 PM (7:15-8:15 in water)
Developmental 2	CRWC	Tuesday	7:00-8:30 PM (7:15-8:15 in water)
Developmental 3	CRWC	Wednesday	7:00-8:30 PM (7:15-8:15 in water)
Developmental 4	CRWC	Thursday	7:00-8:30 PM (7:15-8:15 in water)
Developmental 5	CRWC	Thursday	7:00-8:30 PM (7:15-8:15 in water)
Developmental 6	CRWC	Tuesday	7:00-8:30 PM (7:15-8:15 in water)
Masters	FH	Monday-Friday	5:30-7:00 PM (5:45-6:45 in water)

Saturday, August 29 & September 5 (All at FH Pool):

<u>Groups</u>	<u>Time</u>	<u>Location</u>
Senior Elite, Senior, Junior	7:00-8:30 AM (7:15-8:15 AM in water)	FH
Junior Elite, Pre-Elite	8:30-10:00 AM (8:45-9:45 AM in water)	FH
Sophomore, Freshmen	10:00-11:30 (10:15-11:15 AM in water)	FH