**Juniors Schedule Starting 9-8-20**

**Monday thru Thursday at GHS 5:45 – 7:45p**

5:45– 6:05 Dynamics

6:05-6:20: Diving Well work

6:20 – 7:45: main pool conditioning

Friday at Baxter Y 7:00 – 8:15 PM

**Seniors: Schedule Starting 9-8-20**

**Monday thru Thursday at GHS 4:00 – 6:30p**

\*\*\*\*HS, If lifting with Watson, in the water at 4:15.\*\*\*\*

Friday at Baxter Y 6:15 – 8:15 PM

Saturday at Baxter Y 7:00 – 9:00 AM

If participating in other school activity / sports you may attend the Junior practice from 545 – 745 at GHS. You will be doing the senior workout.

**Developmental: Schedule starting 9-14-20**

**Monday, Wednesday and Thursday at GHS 6:45– 7:30 PM**