

SSC August 2020 Schedule-at-a-Glance

September 8 to October 16

All Practices at HSE Natatorium

**General weekly times are listed – deviations from the schedule will be emailed by your group coach.*

All practices times subject to change

August (SCY)	M	T	W	R	F	Sat
Flying Fish*	4:40-5:20p* 5:30-6:10p*		4:40-5:20p* 5:30-6:10p*		4:40-5:20p* 5:30-6:10p*	TBA
Betta Fish	6:20-7p		6:20-7p		6:20-7p	
Stingrays**	4:40-5:30p** 5:45-6:35p** 6:50-7:40p**		4:40-5:30p** 5:45-6:35p** 6:50-7:40p**		4:40-5:30p** 5:45-6:35p** 6:50-7:40p**	TBA
Sharks	4:50-6:10p	4:50-6:10p	4:50-6:10p	4:50-6:10p	4:50-6:10p	TBA
Lionfish Gold & Silver	6:20-7:40p	6:20-7:40p	6:20-7:40p	6:20-7:40p	6:20-7:40p	TBA
Seadogs	6:30-8:00p	6:30-8:00p	6:30-8:00p	6:30-8:00p	6:30-8:00p	TBA
Bluefins	4:30-6p	5:30-6:45a 4:30-6p	4:30-6p	4:30-6p	5:30-6:45a	TBA
Seniors	2:30-4p	6-7a dry 2:30-4p	6-7a wet	6-7a dry 2:30-4p	2:30-4p	TBA

*Flying Fish- you will be assigned one of the 2 subgroups for practices.

**Stingrays- you will be assigned one of the 3 subgroups for practices.

Saturday practices- it is our intention to offer Saturday practices as in past years. We are awaiting clarification from the school district on Saturday practice parameters.