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| **SSC Yearly Practice Schedule****Days/times are general for the season – please consult your ACTUAL Group Practice Schedule** |
| *\*General weekly times are listed - specific schedule with holidays, meets, etc will be posted each month* |
| *\*All practices times subject to change based upon monthly schedules* |
| **Sept - March (SCY)** | **M** | **T** | **W** | **R** | **F** | **Sat** |
| **Flying Fish** | 515-630p |  | 515-630p |  |  | 1015-1130a |
| **Stingrays** | 615-730p |  | 615-730p |  | 515-630p | 1015-1130a |
| **Sharks** | 5-7p | 5-630p | 6-730p | 5-630p |  | 10-1130a |
| **Intermediate White** | 5-7p | 6-8p |  | 6-8p |  | 830-1030a |
| **Intermediate Blue** | 5-7p | 6-8p | 4-6p | 6-8p | 530-645a | 830-1030a |
| **Junior White** | 5-7p | 430-630p |  | 430-630p |  | 830-1030a |
| **Junior Blue** | 5-7p | 530-645a and 430-630p | 4-6p | 430-630p | 530-645a | 830-1030a |
| **Seniors** | 530-7a and310- 530p | 310-530p | 530-7a | 530-7a and310- 530p | 310-5p | 7-10a |
| **April - May (LCM)** | **M** | **T** | **W** | **R** | **F** | **Sat** |
| **Flying Fish** | 615-730p |  | 545-7p |  |  | 1115a-1230p |
| **Stingrays** | 715-815p |  | 645-8p |  | 5:45-7p | 1115a-1230p |
| **Sharks** | 5-630p | 5-630p | 6-7:30p |  | 5-630p | 10-1130a |
| **Intermediate White** | 6-8p | 6-8p |  | 6-8p |  | 830-1030a |
| **Intermediate Blue** | 6-8p | 6-8p | 4-6p | 6-8p | 530-645a | 830-1030a |
| **Junior White** | 5-7p | 430-630p |  | 430-630p |  | 830-1030a |
| **Junior Blue** | 5-7p | 430-630p | 4-6p | 430-630p | 530-645a | 830-1030a |
| **Seniors** | 530-7a and 310- 5p | 310-5p | 530-7a | 530-7a and 310- 5p | 310-530p | 7-10a |
| **June - July (LCM)** | **M** | **T** | **W** | **R** | **F** | **Sat** |
| **Flying Fish** | 515-630p |  | 515-630p |  | 615-730p | 1115a-1230p |
| **Stingrays** | 615-730p |  | 615-730p |  | 615-730p | 1115a-1230p |
| **Sharks** | 11a-1230p | 11a-1230p | 11a-1230p | 11a-1230p | 11a-1230p | 10-1130a |
| **Intermediate Blue** | 930-1130a | 930-1130a | 930-1130a | 930-1130a | 930-1130a | 830-1030a |
| **Intermediate White** | 930-1130a | 930-1130a |  | 930-1130a |  | 830-1030a |
| **Junior Blue** | 8-10a | 8-10a | 8-10a | 8-10a | 8-10a | 830-1030a |
| **Junior White** | 8-10a | 8-10a |  | 8-10a |  | 830-1030a |
| **Competitive Groups** |  | 6-730p |  | 6-730p |  |  |
| **Seniors** | 6-8a and 4-6p | 6-8a | 6-8a and 4-6p | 6-8a and 4-6p | 6-8a | 7-10a |
| **Summer Gym** | **M** | **T** | **W** | **R** | **F** | **Sat** |
| **Flying Fish** | 515-630p |  | 515-630p |  | 615-730p | 1115a-1230p |
| **Stingrays** | 615-730p |  | 615-730p |  | 615-730p | 1115a-1230p |
| **Sharks** | 2-4p | 2-4p | 2-4p | 2-4p | 2-4p | 10-1130a |
| **Intermediate Blue** | 130-330p | 130-330p | 130-330p | 130-330p | 130-330p | 830-1030a |
| **Intermediate White** | 130-330p | 130-330p |  | 130-330p |  | 830-1030a |
| **Junior Blue** | noon-2p | noon-2p | noon-2p | noon-2p | noon-2p | 830-1030a |
| **Junior White** | noon-2p | noon-2p |  | noon-2p |  | 830-1030a |
| **Competitive Groups** |  | 6-730p |  | 6-730p |  |  |
| **Seniors** | 6-8a and 4-6p | 6-8a | 6-8a and 4-6p | 6-8a and 4-6p | 6-8a | 7-10a |