

NU WAVE SWIM CLUB

Practice Schedule- High Performance Groups

NEWMAN

(Beginning January 3, 2022)

Cyclone	Monday thru Thursday	4:00 – 5:30 pm swim	@ Newman
	Tuesday/Thursday	5:40 – 6:10 pm dryland	@ Newman
	Saturday	8:15 – 9:45 am swim	@ Newman
	Dryland	10:00 – 10:30 am dryland	@ Newman
Tidal Wave	Monday/Wednesday	6:15 – 7:30 pm swim	@ Newman
	Friday	5:30 – 6:30 pm	@ Newman
	Monday/Wednesday	5:40 – 6:10 pm dryland	@ Newman
	Saturday	8:15 – 9:45 am swim	@ Newman