**Practice Schedule**

**(Beginning August 15, 2022)**

**Cyclone Monday through Thursday 6:30 – 7:45 pm swim @ Newman**

 **Tuesday & Thursday 5:50 – 6:20 pm dryland @ Newman**

 **Saturday 7:45 – 8:10 am dryland @ Newman**

 **8:15 – 9:45 am swim @ Newman**

**Tidal Wave Monday 5:50 – 6:20 pm dryland @ Newman**

**Monday/Wednesday 6:30 – 7:30 pm swim @ Newman**

**Friday 5:20 – 5:40 pm dryland @ Newman**

 **Friday 5:45 – 6:45 pm swim @ Newman**

 **Saturday 8:15 – 9:45 am swim @ Newman**

**Varsity Monday and Tuesday 5:45 – 7:00 am @ Newman**

 **Saturday 11:00 am – 12:15 pm @ Newman**

**Whitecaps 1 Tuesday and Friday 5:30 – 6:30 pm @ Newman**

 **Saturday 10:00 – 11:00 am @ Newman**

**Whitecaps 2 Tuesday and Thursday 6:30 – 7:30 pm @ Newman**

 **Saturday 10:00 – 11:00 am @ Newman**

**Riptide 1 Monday and Thursday 5:30 – 6:30 pm @ Newman**

**Riptide 2 Wednesday 5:30 – 6:30 pm @ Newman**

 **Saturday 10:00 – 11:00 am @ Newman**

**Stroke School Monday through Friday 5:45 – 6:30 pm @ Newman**

 **Monday through Thursday 6:30 – 7:15 pm @ Newman**

 **Saturday 10:00 – 10:45 am @ Newman**