

SC 3 Practice Schedule

January 1-February 28 at the Wembley Club:

Monday/Wednesday/Friday (afternoon)

- Developmental 2 and 3 – 6:00-7:15 p.m. water; 7:15-7:30 dryland (on pool deck)
- Age Group/Masters/Returning Senior – 6:45-7:15 p.m. dryland (on pool deck); 7:15-9:00 p.m. water

Tuesday/Thursday (afternoon)

- Developmental 1a – 6:00-6:45 p.m. water
- Developmental 1b – 6:45-7:30 p.m. water
- Age Group/Masters/Returning Senior – 7:00-7:30 p.m. dryland (on pool deck); 7:30-9:00 p.m. water

Saturday (morning)

- Age Group/Masters/Returning Senior – 8:00 a.m.-10:00 a.m. water

March 1-March 7 at the Wembley Club:

Monday/Wednesday/Friday (afternoon)

- Senior/Masters – 3:30-5:30 p.m. water; dryland 5:30-6:00/15 p.m. (on pool deck)
- Developmental 2 and 3 – 5:15-5:30 dryland (on pool deck); 5:30-6:45 p.m. water
- Age Group/Masters – 6:15-6:45 p.m. dryland (on pool deck); 6:45-8:30 p.m. water

Tuesday/Thursday (afternoon)

- Senior/Masters – 3:30-5:15 p.m. water; 5:15-6:00/15 p.m. dryland (on pool deck)
- Developmental 1a – 5:15-6:00 p.m. water
- Developmental 1b – 6:00-6:45 p.m. water
- Age Group/Masters – 6:15-6:45 p.m. dryland (on pool deck); 6:45-8:30 p.m. water

Saturday (morning)

- Age Group/Senior not at Champs – 8:00-10:00 a.m. water

March 8-14 at the Wembley Club:

- Monday-Friday 4:30-7:30 p.m. and Saturday 8-10 a.m.

Monday/Wednesday/Friday (afternoon)

- Age Group/Masters/NCSA Qualifiers – 4:30-6:15 p.m. water; 6:15-6:45 p.m. dryland (on pool deck)
- Developmental 2 and 3 – 6:00-6:15 p.m. dryland (on pool deck); 6:15-7:30 p.m. water

Tuesday/Thursday (afternoon)

- Age Group/Masters/NCSA Qualifiers – 4:30-6:00 p.m. water; 6:00-6:30 p.m. dryland (on pool deck)
- Developmental 1a – 6:00-6:45 p.m. water
- Developmental 1b – 6:45-7:30 p.m. water

Saturday (morning)

- Age Group/Masters/NCSA Qualifiers – 8:00 a.m.-10:00 a.m. water

March 15-March 20 at the Wembley Club:

Monday-Friday (afternoon)

- NCSA Qualifiers/Senior and Age Group swimmers by invite – 4:30-6:30 p.m. water and dryland (on pool deck)

Saturday (morning)

- NCSA Qualifiers/Senior and Age Group swimmers by invite – Saturday 8-10 a.m. water