



EMAC
Green Swarm

*Tri***EMAC**

Practice Times

Season begins April 7

Developmental Group (Ages 14 and Under)

Through mid-June: Tuesdays and Thursdays, 4:45-6:15 p.m. at Emmaus High School Pool; Saturdays 8:30-10:00 a.m., Emmaus High School and/or Bob Rodale Cycling Park.

Mid-June through August: Tuesdays and Thursdays, 8:30-10:00 a.m. at Emmaus Community Park Pool; Saturdays, 8:30-10:00 a.m. at Bob Rodale Cycling Park.

Excel Group (Ages 15 and Over)

Through mid-June: Tuesdays, Wednesdays, and Thursdays, 4:45-6:15 p.m. at Emmaus High School Pool; Saturdays 8:30-10:00 a.m., Emmaus High School and/or Bob Rodale Cycling Park.

Mid-June through August: Tuesdays, Wednesdays, and Thursdays, 8:30-10:00 a.m. at Emmaus Community Park Pool; Saturdays, 8:30-10:00 a.m. at Bob Rodale Cycling Park.

*These practice times and locations are subject to evolution as the season unwinds

*We are piloting the idea of adding some Sunday training. Stay tuned for details.