# **TENTATIVE 2022-23 Practice Schedule Fall/Winter (September - March)**

**Practice schedule is tentative - times and locations are subject to change based on availability at F&M. Dryland WILL be added to the schedule based on availability at F&M.**

\*\*Given uncertainty amid the COVID-19 pandemic and potential future government restrictions or facility closures and limitations, fees, facility location, practice schedule and family volunteer commitments are subject to change.

**Please Note:** There are several times that our practices need to be adjusted (either the time, location, or both). Please make sure you are receiving emails from your coaches and the Board of Directors.

## **Senior - Expected 80% attendance or better**

* Sunday: OFF
* Monday: 7:00 - 9:00 PM @ F&M
* Tuesday: 7:00 - 9:00 PM @ F&M
* Wednesday: 7:00 - 9:00 PM @ F&M
* Thursday: 7:00 - 9:00 PM @ F&M
* Friday: 7:00 - 9:00 PM @ F&M
* Saturday: 7:00 – 9:00 AM @ F&M

​**\*\* Dryland is part of the practice - swimmers are expected to attend dryland.**

## **Senior Prep - Expected 80% attendance or better**

* Sunday: OFF
* Monday: 7:00 - 8:45 PM @ F&M
* Tuesday: 7:00 - 8:45 PM @ F&M
* Wednesday: 7:00 - 8:45 PM @ F&M
* Thursday: 7:00 - 8:45 PM @ F&M
* Friday: 7:00 - 8:45 PM @ F&M
* Saturday: 7:00 - 8:45 PM @ F&M

​**\*\* Dryland is part of the practice - swimmers are expected to attend dryland.**

## **Advanced Age Group - Recommended 4 practices per week**

* Sunday: OFF
* Monday: 7:30 – 9:00 PM @ F&M
* Tuesday: 7:30 – 9:00 PM @ F&M
* Wednesday: 7:30 – 9:00 PM @ F&M
* Thursday: 7:30 – 9:00 PM @ F&M
* Friday: 7:30 – 9:00 PM @ F&M
* Saturday: 7:30 – 9:00 AM @ F&M

​**\*\* Dryland is part of the practice - swimmers are expected to attend dryland.**

## **Age Group - Recommended 3 to 4 practices per week**

* Sunday: OFF
* Monday: 7:00 – 8:15 PM @ F&M
* Tuesday: 7:00 – 8:15 PM @ F&M
* Wednesday: 7:00 – 8:15 PM @ F&M
* Thursday: 7:00 – 8:15 PM @ F&M
* Friday: 7:00 – 8:15 PM @ F&M
* Saturday: OFF

​**\*\* Dryland is part of the practice - swimmers are expected to attend dryland.**

## **Novice Clinic - 4 week session, Tuesday and Thursday for 45 minutes (7:00 - 7:45pm) at F&M**

* Session 1 - September 13 though October 6
* Session 2 - October 11 through November 3
* Session 3 - February 7 through March 2
* Session 4 - March 7 through March 30

​\*\*You must register separately for each session.