



SSC Summer Practice Schedule - June 21st through August 5th, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SR GOLD ----- SCY only	HH: 7am - 9:30am ----- SSC: 3-5:00 pm	HH:7am - 9:30am ----- X	HH: 7am - 9:30am ----- SSC: 3-5:00 pm	HH: 7am - 9:30am ----- X	HH: 7am - 9 am ----- SSC: 3-5:00 pm	SSC: 8am - 11am
SR SILVER ----- SCY only	HH: 7:30 – 9:15 am ----- SSC: 4:30 pm – 6 pm	HH: 7:30 – 9:15 am ----- X	HH: 7:30 – 9:15 am ----- SSC: 4:30 pm – 6 pm	HH: 7:30 – 9:15 am ----- X	HH: 7:30 – 9:00 am ----- SSC: 4:30 pm – 6 pm	SSC 11–12:45 pm
BRONZE ----- SCY only	HH: 7:30 – 9:00 am ----- SSC: 4:30 pm – 6 pm	HH: 7:30 – 9:00 am X	HH: 7:30 – 9:00 am ----- SSC: 4:30 pm-6 pm	HH: 7:30 – 9:00 am X	HH: 7:30 – 9:00 am ----- SSC: 4:30 pm-6 pm	X
DEVELOPMENTAL SCY only	SSC: 6:00 – 7 pm SSC	X	SSC: 6:00 – 7 pm SSC	SSC: 6:00 – 7 pm SSC		X
MINI SCY only	SSC: 6:15-7 pm SSC		SSC: 6:15-7 pm SSC	SSC: 6:15-7 pm SSC		

Notes:-

- Senior Gold swimmers - please check with Charlie regarding "doubles."
- Senior Silver and Bronze swimmers registered for the AM long course summer program are only allowed to attend morning practice OR evening practice each day, not both.
- Short course only swimmers should attend evening practice on Mon, Wed, Fri & Sat morning only.
- INTERIM SCHEDULE WILL BE IN EFFECT FROM May 31-June 20
- Practices at Hidden Hollow will begin Tuesday, June 21

Senior Gold AM/PM \$725.00, Gold PM Only- \$500, Silver and Bronze AM/PM \$640.00, Silver and Bronze PM Only \$450.00 Developmental \$425 and Mini \$400