

SUBURBAN SEAHAWKS CLUB PRACTICE SCHEDULE 2022 – 2023

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SR GOLD	5:30 – 7:30 AM SSC 6:45 - 9 PM Swarthmore	6:45 – 9 PM Swarthmore	4:00-6:45PM SSC Water 4-6 PM Dryland 6:10-6:45 PM	5:30 – 7:30 AM SSC 6:45 – 9 PM Swarthmore	4:00 – 6:45 PM SSC Water 4-6 PM Dryland 6 – 6:45 PM	8 – 11:00 AM SSC	X
SILVER PLUS (on days where there is an AM or PM option – this means the swimmers does one <u>or</u> the other, not both, no exceptions)	5:30 – 7:30 AM SSC <u>OR</u> 4:00-5:55 PM SSC	4:00-5:55 PM SSC	6:45 – 8:45 PM SSC DRYLAND 6:45-7:15 PM	5:30 – 7:30 AM SSC <u>OR</u> 4:00-5:55 PM SSC	6:05 – 8:05 PM SSC	11-12:30 PM SSC	X
SILVER (on days where there is an AM or PM option – this means the swimmer does one <u>or</u> the other, not both, no exceptions)	4:00-5:30 PM SSC	5:30 – 7:00 AM <u>OR</u> 4:00-5:30 PM SSC	X	4:00-6:00 PM SSC DRYLAND 5:30-6:00 PM	6:05-7:35 PM SSC	11-12:30 PM SSC	8:30-10:00 AM SSC
BRONZE	7:05-8:30 PM SSC	7:05 – 8:30 PM SSC	X	7:05 – 8:30 PM SSC	X	12:30-1:45 PM	10:05-11:20 AM SSC
DEVELOPMENTAL	6:00 – 7:00 PM SSC	6:00-7:00 PM SSC	X	6:00-7:00 PM SSC	X	X	11:25-12:25PM SSC
MINI blue	6:00-6:45 PM SSC	X	6:00-6:45 PM SSC	6:00-6:45 PM SSC	X	X	X
MINI gold	6:45-7:30 PM SSC	X	6:45-7:30 PM SSC	6:45-7:30 PM SSC	X	X	X
Pre-Team blue	5:00-5:45 PM SSC	X	X	5:00-5:45 PM SSC	X	X	X
Pre-Team Gold	X	5:00-5:45 PM SSC	X	4:15-5:00 PM SSC	X	X	UPDATE 9/6/22 12:50 pm