



2020 CMA Summer Practice Schedule Session 3 Week 2



8/3 - 8/8 (Pool)

Week 2	AM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AM	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	6:00-6:45
	Group	2	1	3	2	3	4
	PM	7:00-8:00	7:00-7:45	7:00-7:55	7:00-8:00	7:00-8:00	
	Group	3	6	1	1	6	
	PM	8:15-9:00	8:00-9:00	8:05-9:00	8:15-9:00	8:15-9:00	
	Group	5	4	2	4	5	

8/3 - 8/8 (Dryland)

Dryland(DR)	AM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PM	6:15-6:45			6:15-6:45		
	Group	Groups 1-3			Groups 1-3		
	PM	6:50-7:20			6:50-7:20		
	Group	Group 6			Group 6		
	PM	7:30-8:00			7:30-8:00		
Group	Groups 4&5			Groups 4&5			

All dryland is weekly at the Cape Elizabeth H.S. track (behind the pool)

= SENIOR

= AGE GROUP

= SWIM SCHOOL/NOVICE