



2020

CMA Late Spring Practice Schedule



4/1/2020 - 6/20/2020

SOUTH PORTLAND MUNICIPAL POOL								
	AM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim School	AM						*8:15-9:00	NO PRACTICE
	PM	4:00-4:45	5:15-6:00					
Novice I	AM						*8:15-9:00	
	PM	4:00-5:00	4:00-5:00	5:00-6:00				
Novice II	AM						*7:00-8:00	
	PM	5:00-6:00	5:00-6:00	4:00-5:30	4:30-6:00			
Age Group I	AM						*7:00-8:15	
	PM	4:30-6:00	4:00-5:15	4:00-6:00	4:30-6:00			

*@Cape Pool

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RICHARDS POOL - CAPE ELIZABETH								
	AM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Age Group II	AM						7:00-9:00	NO PRACTICE
	PM	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30		
<i>Dryland</i>	PM	<i>6:00-6:30</i>		<i>6:00-6:30</i>				
Senior I & II	AM		5:30-6:45		5:30-6:45		7:00-9:00	
	PM	4:00-5:30	7:00-9:00	4:00-5:30	7:00-9:00	4:00-5:30		
<i>Dryland</i>	PM	<i>6:00-6:30</i>		<i>6:00-6:30</i>				

*Dryland for AGII and Senior I&II will start on 5/11
Morning Practices for Senior I&II will start on 5/19*

NO CMA TEAM PRACTICES
Team Break -> 4/20-5/3
Memorial Day -> 5/25