



2020

CMA Spring Practice Schedule



2/18/2020 - 3/31/2020

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

*@Cape Pool

2/18/2020 - 3/31/2020

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		
Dryland	PM	6:00-6:30		6:00-6:30				
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		
Dryland	PM	6:00-6:30		6:00-6:30				

Some practices may be cancelled due to Middle School Swim meets

NO CMA TEAM PRACTICES

Presidents Day -> 2/17
 Middle School Meet - TBD
 Middle School Meet - TBD
 Winter Champs & Recovery Day -> 3/19-3/23
 Middle School Meet - TBD
 Middle School Meet - TBD
 Middle School Meet - TBD
 Team Break -> 4/20-5/3