



# CMA PRACTICE SCHEDULE



Fall 2021

9/7/2021 -> 11/20/2021								
CAPE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Senior (am)		5:30-6:45am		5:30-6:45am		7:00-9:00am	NO PRACTICE
	Age Group II	7:00-8:30pm	4:00-5:30pm	3:30-5:00pm	4:00-5:30pm	3:30-5:00pm	7:00-8:30am	
	HS Prep	3:30-5:00pm	7:00-8:30pm		7:00-8:30pm	3:30-5:00pm		
	Senior (pm)	3:30-5:30pm	7:00-9:00pm	3:30-5:30pm	7:00-9:00pm	3:30-5:30pm		
	Dryland*	6:00-6:45pm		6:00-6:45pm				

\*Dryland starts 10/4/21

9/7/2021 -> 11/20/2021								
SOPO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Swim School	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm		NO PRACTICE
	Novice 1	4:00-5:15pm	4:00-5:00pm	4:00-5:15pm		4:00-5:00pm		
	Novice 2	4:45-6:00pm	4:00-5:30pm	4:45-6:00pm	5:00-6:00pm		3:00-4:30pm	
	Age Group 1	5:00-6:00pm	4:00-6:00pm	4:45-6:00pm	5:00-6:00pm	5:00-6:00pm	3:00-4:30pm	
	Dryland N2/AG1					6:05-6:30pm	4:35-5:00pm	

\*\*\*No practice on the following date/s\*\*\*  
 10/11 -> Columbus Day  
 11/11 -> Veterans Day