



## 2021/22 CMA Winter Practice Schedule



11/22/21 - 2/15/21

SOUTH PORTLAND COMMUNITY CENTER POOL								
	AM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim School	PM	5:00-6:00		5:00-6:00				NO PRACTICE
Novice I	PM	5:00-6:00	5:00-6:00		5:00-6:00		3:00-4:00	
Novice II	PM		5:00-6:00	5:00-6:00	5:00-6:00		3:00-4:30	
Age Group I	PM	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		3:00-4:30	

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CAPE ELIZABETH RICHARDS POOL								
	AM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Age Group II	AM						7:00-9:00	NO PRACTICE
	PM	6:45-8:00	6:30-8:00	6:45-8:00	6:30-8:00	4:30-6:00**		
<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	6:45-8:00	6:30-8:00	6:45-8:00	6:30-8:00	4:30-6:00**		
<i>Dryland</i>	PM	<i>6:00-6:30</i>		<i>6:00-6:30</i>				

\*\* Friday practices may be cancelled due to HS Swim meets

**NO CMA PRACTICES**

11/25-11/26 Thanksgiving (Resume 11/27)  
 12/24 - 12/26 Christmas (Resume 12/27)  
 12/31-1/1 New Years (Resume 1/3)  
 1/17 Martin Luther Day (Resume 1/18)