



# 2021 CMA Winter Practice Schedule



Starts Tuesday Jan 19th								
CAPE (WEEK 1)	PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AM						6:00-7:00am	NO PRACTICE
	Group						4A	
	AM						7:00-8:00am	
	Group						4B	
	PM	6:30-7:25	6:45-7:40	6:30-7:25	6:45-7:40	6:30-7:25		
	Group	1	1	3A	1	3A		
	PM	7:35-8:30	7:50-8:45	7:35-8:30	7:50-8:45	7:35-8:30		
Group	2	2	3B	2	3B			

Starts Monday Jan 25th								
CAPE (WEEK 2)	PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AM						6:00-7:00am	NO PRACTICE
	Group						4A	
	AM						7:00-8:00am	
	Group						4B	
	PM	6:30-7:25	6:45-7:40	6:30-7:25	6:45-7:40	6:30-7:25		
	Group	3A	1	3A	1	3A		
	PM	7:35-8:30	7:50-8:45	7:35-8:30	7:50-8:45	7:35-8:30		
Group	3B	2	3B	2	3B			

Starts Tuesday Jan 19th								
SOPO	PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AM						NO PRACTICE	NO PRACTICE
	Group							
	AM							
	Group							
	PM	5:00-5:55	5:00-5:55	5:00-5:55	5:00-5:55	5:00-5:55		
	Group	7	8	Group Rotation	5	6		
	PM							
Group								

There will be no practice on the following dates:

**Monday 1/18 - MLK Day**

**Monday 2/15 - Presidents Day**

- = Swim School/Novice
- = Novice/Age Group
- = Senior