

SEALS SWIMMING SCHEDULE

Beginning 11.1.22

	Senior Performance	Age Group Performance	Senior	Pre Senior	Age Group	Gold	Seal Pups
Monday	4:00 - 5:30	4:00 - 5:30	5:30 - 6:45	5:30 - 6:45	6:45 - 7:30	6:45 - 7:30	No practice
Tuesday	4:00 - 5:30	4:00 - 5:30	5:30 - 6:45	5:30 - 6:45	6:45 - 7:30	No Practice	6:00 p.m. - 6:30 p.m.
Wednesday	4:00 - 5:30	4:00 - 5:30	5:30 - 6:45	5:30 - 6:45	6:45 - 7:30	6:45 - 7:30	No Practice
Thursday	4:00 - 5:30	4:00 - 5:30	5:30 - 6:45	5:30 - 6:45	6:45 - 7:30	6:45 - 7:30	6:00 p.m. - 6:30 p.m.
Friday (No Friday's as of 11.25)	4:00 - 5:30	No Practice	4:00 - 5:30	No Practice	No Practice	No Practice	No Practice
Saturday	11:15 a.m. - 12:45 p.m.	11:15 a.m. - 12:15 a.m.	11:15 a.m. - 12:15 a.m.	11:15 a.m. - 12:15 a.m.	No Practice	No Practice	No Practice
Sunday (Starting 11.27)	11:15 a.m. - 1:00 p.m.	11:15 a.m. - 1:00 p.m.	11:15 a.m. - 1:00 p.m.	No Practice	No Practice	No Practice	No Practice

Drylands	Senior & Pre-Senior	Performance
Monday	4:45 - 5:15 p.m. (on deck w/ Coach Marcy)	6:00 - 6:45 p.m. @ MeFIT Gym w/ Coach Greg
Wednesday	4:45 - 5:15 p.m. (on deck w/ Coach Marcy)	6:00 - 6:45 p.m. @ MeFIT Gym w/ Coach Greg
Saturday	10:00 a.m. - 11:00 a.m. @MeFIT Gym w/ Coach Greg	10:00 a.m. - 10:45 a.m. @MeFIT Gym w/ Coach Greg

Notes:

1. Remember, if you are in the Senior or Senior Performance Groups, you can also swim on Tuesday/Thursday mornings from 5:30 to 7:00AM

Important Dates:

*Tuesday, November 8th - NO PRACTICE. WCC IS CLOSED FOR VOTING.

*Starting Friday, 11.25, NO FRIDAY PRACTICES

*Starting, Sunday 11.27, Sunday practices will be added to the schedule (In place of Fridays).

*Thursday, November 24 - NO PRACTICE. WCC IS CLOSED FOR THANKSGIVING.

*Friday, December 23rd through Sunday, December 25th - NO PRACTICE. WCC IS CLOSED FOR CHRISTMAS.

*Friday, December 30th through Sunday, January 1st - NO PRACTICE. WCC IS CLOSED FOR CHRISTMAS.