

Fall 2022 & Winter 2023			Recommended
Begins Monday, September 12th, 2022			Number of
Group	Days	Time	Practices
Senior	Monday	4:00pm-6:00 pm	
	Tue, Wed, Thur	4:00pm-5:45 pm	
	Friday AM	5:30am-7:30 am	
	Saturday	7:00am-9:00am	
	Mon, Tue, Thur AM	6:00am-7:30am	
Senior Prep	Monday	4:00pm-5:45pm	
	Wednesday	5:45pm-7:15pm	
	Tuesday, Thursday	5:15pm-7:00pm	
	Friday	4:00pm-5:30pm	
	Saturday	7:00am- 9:00am	
Pre-Senior	Mon, Tue, Thur	4:00pm-5:45pm	
	Wednesday, Friday	4:00pm-5:30pm	
	Saturday	7:00am-9:00am	
	Wednesday AM	6:00am-7:00am	
Junior 1	Mon, Tue, Thur	5:45pm-7:15pm	5
	Wednesday, Friday	5:30pm-7:00pm	
	Saturday	9:00am-10:30am	
Junior 2	Mon, Tue, Wed, Thur, Fri	4:00pm-5:15pm	4-5
Blue	Monday, Wednesday	6:15pm-7:30pm	4-5
	Tuesday, Thursday	6:30pm-7:45pm	
	Friday	5:30pm -7:00pm	
White	Tue, Wed, Thur	5:15pm-6:30pm	3-4
	Friday	5:15pm-6:30pm	
Red	Monday, Wednesday	5:15pm-6:15pm	2-3
	Friday	5:15pm-6:30pm	
House League-7th and Above	Tue, Wed, Thur, Fri	4:00pm-5:15pm	
House League-6th and Below	Mon, Tue, Thur	5:45pm-6:45pm	
Diving	Mon, Tue, Wed, Thur	7:00pm-8:30pm	
	Sunday	4:00pm-6:00pm	
Masters	Monday - Friday	5:30am-7:00am	

Schedule subject to change due to current public health guidelines