

FALL-WINTER PRACTICE SCHEDULE 2021-2022

**** SUBJECT TO CHANGE ****

| | | MON | TUE | WED | THU | FRI | SAT |
|--|--------------|----------------------------|---|---------------------------|---|----------------------------|----------------------------|
| ISM LEARN-TO-SWIM September 14 - February 17 | ISM Students | | 4:00-4:30 PM ISM | | 4:00-4:30 PM ISM | | |
| ISM SWIM TEAM September 14 - Final Meet | ISM Students | | 4:30-5:15 PM ISM | | 4:30-5:15 PM ISM | | |
| RED 1 September 13 - Final Meet | Age 8/Under | 5:15-6:00 PM ISM | 5:15-6:00 PM ISM | 5:15-6:00 PM ISM | 5:15-6:00 PM ISM | | |
| RED 2 September 13 - Final Meet | | 6:00-6:45 PM ISM | 6:00-6:45 PM ISM | 6:00-6:45 PM ISM | 6:00-6:45 PM ISM | | |
| RED 3 September 13 - Final Meet | | 6:00-6:45 PM ISM | 6:00-6:45 PM ISM | 6:00-6:45 PM ISM | 6:00-6:45 PM ISM | | |
| AGE GROUP PREP September 13 - Final Meet | Ages 9-14 | 6:45-7:45 PM ISM | 6:45-7:45 PM ISM | 6:45-7:45 PM ISM | 6:45-7:45 PM ISM | | |
| BRONZE GROUP 1 September 13 - Final Meet | Ages 9-10 | 6:00-7:00 PM OAK POINT | 6:00-7:00 PM OAK POINT | 6:00-7:00 PM OAK POINT | 6:00-7:00 PM OAK POINT | | |
| BRONZE GROUP 2 September 13 - Final Meet | Ages 11-13 | 7:00-8:30 PM OAK POINT | 7:00-8:30 PM OAK POINT | 7:00-8:30 PM OAK POINT | 7:00-8:30 PM OAK POINT | | |
| SILVER GROUP 1 September 8 - Final Meet | Ages 9-10 | 6:00-7:15 PM OAK POINT | 6:00-7:15 PM OAK POINT | 6:00-7:15 PM OAK POINT | 6:00-7:15 PM OAK POINT | 6:00-7:30 PM EPCC | |
| SILVER GROUP 2 September 8 - Final Meet | Ages 11-13 | 5:30-7:45 PM EPCC | 6:00-7:45 PM EPCC | 5:30-7:45 PM EPCC | 6:00-7:45 PM EPCC | 6:00-7:30 PM EPCC | 9:30-11:00 AM EPCC |
| SENIOR September 13 - Final Meet | Ages 13+ | 6:00-7:30 PM EPCC | 7:20-8:40 PM EPCC | 6:00-7:30 PM EPCC | 7:20-8:40 PM EPCC | | 9:30-11:00 AM EPCC |
| NAG XCELFIT No Signups Required | | | NAG 5:00-5:40 PM | | NAG 5:00-5:40 PM | | |
| NAG September 8 - Final Meet | Ages 13+ | 6:00-8:00 PM EPCC | 6:00-8:00 PM EPCC | 6:00-8:00 PM EPCC | 6:00-8:00 PM EPCC | 6:00-8:00 PM OAK POINT | 9:45-11:45 AM OAK POINT |
| NAT PREP September 8 - Final Meet | Ages 14+ | 3:45-5:45 PM OAK POINT | 3:45-5:45 PM OAK POINT | 3:45-5:45 PM OAK POINT | 3:45-5:45 PM OAK POINT | 3:45-5:45 PM OAK POINT | 7:30-9:30 AM OAK POINT |
| NAT XCELFIT Signups Required | | NAT SENIOR 6:00-6:50 AM | | | | NAT SENIOR 6:00-6:50 AM | |
| NAT SENIOR September 8 - Final Meet | Ages 14+ | 3:45-6:00 PM OAK POINT | 6:00-7:00 AM 3:45-6:00 PM OAK POINT | 3:45-6:00 PM OAK POINT | 6:00-7:00 AM 3:45-6:00 PM OAK POINT | 3:45-6:00 PM OAK POINT | 7:30-9:45 AM OAK POINT |
| MASTERS Continuous Program | Adults | 6:05-7:05 AM EPCC | 6:05-7:05 AM EPCC | 6:05-7:05 AM EPCC | 6:05-7:05 AM EPCC | | |