Pre Senior / Senior:

Monday 6:30-8:15

Tuesday 7:00-8:45

Wednesday 7:00-8:30

Thursday 6:30-8:15

Friday 7:00-8:45

Saturday 7:00-8:30

All practices will take place in the morning at Carrington. There will be no practice on swim meet weekends!

Silver/Gold:

Mon 8:00-9:30

Wednesday 8:00-9:30

Thursday 8:00-9:30

Saturday 8:00-9:30

Snake Bites / Bronze:

Tuesday 8:30-9:30

Friday 8:30-9:30

Saturday 8:30-9:30