 **TOWN WRECKERS SWIM TEAM** 

**2022-2023 Schedule**

**September 12th, 2022 - June 15th, 2023**

**Practice times and locations are subject to change due to pool availability and HS Varsity Swim Schedules.**

**All changes to the below schedule will be posted on the TWST Calendar Tab on the twst.org website. Updated 8-16-2022.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **LEVEL** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **WHITE**  **TEAM** | **OP**  **5:15-6:15 PM** |  | **OP**  **5:15-6:15 PM** | **WSW**  **5:30-6:30 PM** |  |  |
| **BLUE**  **TEAM** | **OP**  **6:15-7:30 PM** | **WSW**  **5:30-7:00 PM**  Stations |  | **OP**  **5:15-6:30 PM** |  |  |
| **SILVER**  **TEAM** | **OP**  **7:30-9:00 PM** | **WSW**  **7:00-8:45 PM**  Stations | **WSW**  **5:30-7:00 PM** |  | **OP**  **5:15-6:45 PM** |  |
| **JUNIOR**  **TEAM** | **WSW**  **5:15-7:00 PM** | **OP**  **5:15-7:00 PM** | **WSW**  **6:45-8:45 PM** | **WSW**  **6:30-8:15 PM** |  | **OP**  **11:45 AM-1:30 PM** |
| **SENIOR**  **TEAM** | **WSW**  **6:45-8:45 PM** | **OP**  **7:00-9:00 PM** | **OP**  **6:15-8:15 PM** | **OP**  **6:30-8:30 PM** | **OP**  **6:30-8:30 PM** | **OP**  **10 AM-12 NOON** |

White Team - M, W, Th = 3 Hrs. /wk.

Blue Team - M, T, Th = 4 Hrs. /wk**.**

Silver Team – Swim = M, T, W, F = 6.25 Hrs. /wk.

Junior Team – Swim = M-Th, S = 9 Hrs. /wk.

Senior Team – Swim = M-S = 12 Hrs. /wk.