

SCARLET-NJ WAVE: November-December 2021, possibly extended into 2022 depending on other facilities opening or not.							
	* Subject to change with notice. * CHANGES IN RED BELOW (Revised 11/23/21).						
	<u>National / Sectional</u>	<u>Senior Performance</u>	<u>Senior Elite</u>	<u>Senior Prep</u>	<u>Age Group</u>	<u>Age Group 2</u>	<u>Super Squad</u>
Monday	4-6pm (Bethany CC) 5-6:30am (LBC)	6-7:45pm (G) 5-6:30am (LBC) <i>* AM Practice Optional</i>	7:45-9pm (G) *	5-7pm (LHS)	7-8:30pm (LHS)	Off	6-7:30pm (LBC)
Tuesday	5-7pm (LHS)	7:30-9pm (G)	8-9:30pm (LHS)	7-8:30pm (LHS)	Off	6-7:30pm (G) <i>* 4 lanes only but possibly 6 lanes. (dryland station if needed)</i>	Off
Wednesday	4-6pm (Bethany CC) 5-6:30am (LBC)	6-7:30pm (G) <i>* NO AM</i>	7:30-9pm (G)	5-6:30am (LBC) [*A-note] <i>(AM Practice: Invitation Only)</i> OFF in PM	Off	7-8:30pm (LHS)	6-7pm (LBC)
Thursday	5-7pm (LHS)	OFF	7:30-9pm (G)	7-8:30pm (LHS)	6-7:30pm (G) <i>* 4 lanes only but possibly 6 lanes. (dryland station if needed)</i>	Off	Off
Friday	4:30-6:30pm (G)	7-9pm (LHS)	Off	Off	5-7pm (LHS)	6-7:30pm (LBC)	Off
Saturday	7:30-10am (LHS)	8-10am (G)	Off	10am-12pm (LHS)	7:30-9am (LBC)	Off	10-11am (G)
Sunday	6-8am (LBC)	8-10 am LHS	8-10am (G)	10am-12pm (LHS)	Off	5-7pm (LHS)	Off
NOTES:	A) Wednesday Senior Prep Practice is by invitation only and will practice with Nat'l group. This practice is for only the older or most Advanced Senior Prep swimmers.						
Additional Notes:	1) (G) Signifies Garfield Boys Club - directions on website.						
	2) (LBC) Signifies Lodi Boys Club - directions on website.						
	3) (LHS) Signifies Lyndhurst High School-directions on reverse						
	4) (Bethany CC) Signifies Bethany Community Center in Washington Township, NJ						
	5) ALL practices (EXCEPT LODI) are Closed practices (no parents) - per social distancing requirements.						
	6) A.M. workouts (M-W) will begin-October 5th.						
	7) Please check your emails and our website daily in case of schedule changes.						