

SCARLET-NJ WAVE: November-December 2020, possibly extended into 2021 depending on other facilities opening or not.								
* Subject to change with notice.								
	<u>National / Sectional</u>	<u>Senior Performance</u>	<u>*New Group Senior Elite</u>	<u>Senior Prep</u>	<u>Age Group</u>	<u>Junior 2</u>	<u>Age Group 2</u>	<u>*New Group Super Squad</u>
Monday	5-6:30am (LBC) OFF in PM	6-7:45pm (G) * 4 lanes - 1/2 group - per Coach Jon discretion 5-6:30am (LBC) * AM Practice Optional	7:45-9pm (G) *	4-6pm (LHS)	Off	7-8:30pm (LHS)	Off	6-7:30pm (LBC)
Tuesday	4-5:45pm (LHS)	7:30-9pm (G)	7:30-9pm (LHS)	5:45-7:30pm (LHS)	Off	Off	6-7:30pm (G) * 4 lanes only but possibly 6 lanes. (dryland station if needed)	Off
Wednesday	4-6pm (LHS) 5-6:30am (LBC)	6-7:30pm (G) * 4 lanes - other 1/2 group (opp mon grp) per Coach Jon discretion * NO AM	7:30-9pm (G)	5-6:30am (LBC) [*A-note] (AM Practice: Invitation Only) OFF in PM	Off	7-8:30pm (LHS)	Off	6-7pm (LBC)
Thursday	4-6pm (LHS)	7:30-9pm (LHS)	7:30-9pm (G)	6-7:30pm (LHS)	6-7:30pm (G) * 4 lanes only but possibly 6 lanes. (dryland station if needed)	Off	Off	Off
Friday	4:30-6:30pm (G)	6-8pm (LHS)	Off	Off	4-6pm (LHS)	Off	6-7:30pm (LBC)	Off
Saturday	6-8:30am (LHS)	3-5pm (LHS)	Off	10am-12pm (LHS)	8:30-10am (LHS)	8-10am (G)	7:30-9am (LBC)	10-11am (G)
Sunday	6-8am (LBC)	10am-12pm (LHS)	8-10am (G)	6-8am (LHS)	3-5pm (LHS)	8-10am (LHS)	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) ALL practices are Closed practices (no parents) - per social distancing requirements. 5) A.M. workouts (M-W) will begin-October 5th. 6) Please check your emails and our website daily in case of schedule changes.							