



Revised 6/21/22

2022 ABLY Summer Practice Schedule

* beginning May 31st

| GROUP | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|-----------------------|-------------------------------|-----------------------|-------------------------------|---------------------------------|-----------------|--------|
| Senior I | 7 - 9:15am 4 - 6pm | <i>m</i> 7 - 9:15am | 7 - 9:15am 4 - 6pm | 7 - 9:15am | 7 - 9:15am 4 - 6pm | 8 - 10:15am | Off |
| Senior II | 7 - 9am | 7 - 9am | 7 - 9am | 7 - 9am | 7 - 9am | 8 - 10am | Off |
| Pre-Senior | 9 - 10:45am | 9 - 10:45am | 9 - 10:45am | 9 - 10:45am | 9 - 10:30am | 10 - 11:45am | Off |
| Silver (11-12)) | 9:15 - 10:30am | 9:15 - 10:45am | OFF | 9:15 - 10:45am | 9:15 - 10:45am | 10:15 - 11:45am | Off |
| Bronze (9-10) | 10:30 - 11:50 | 4 - 5:30pm short course | 10:30 - 11:50am | 4 - 5:30pm short course | 10:45 - 11:50am | OFF | Off |
| Cuda (8 & under) | OFF | 5:30 - 6:30pm outdoor pool | OFF | 5:30 - 6:30pm outdoor pool | 10:45 - 11:50am outdoor pool | Off | Off |
| Masters | 5:45 - 7am | 6:30 - 7:45pm (3 lanes) | 5:45 - 7am | 6:30 - 7:45pm (3 lanes) | 5:45 - 7am | 6:45 - 8am # | Off |