



2022 September Practice Schedule

(Dome will be Long Course)

* starts Tues Sept 6th

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior I	3:45 - 5:45pm Core	3:45 - 5:45pm (dryland after)	3:45 - 5:45pm Core	3:45 - 5:45pm	3:45 - 4:45pm Dryland/Lift only Not swimming	8 - 10am	
Senior II	3:45 - 5:30pm	3:45 - 5:30pm	3:45 - 5:30pm	OFF	3:45 - 5:30pm	8 - 9:45am	
Pre-Senior (13-14)	5:30 - 6:45pm	5:30 - 6:45pm	5:30 - 6:45pm	5:30 - 6:45pm	OFF	9:45 - 11:15am	
* start 9/12 Silver (11-12))	5:45 - 6:45pm	5:45 - 6:45pm	OFF	5:45 - 6:45pm	OFF	OFF	
* start 9/26 Bronze (9-10)	OFF	4:45 - 6pm Indoor pool	OFF	4:45 - 6pm Indoor Pool	4:45 - 6pm Indoor Pool	OFF	
* start 9/26 Cuda (8 & under)	4:45 - 5:45pm Indoor Pool	OFF	4:45 - 5:45pm Indoor Pool	OFF	OFF	OFF	
Cuda II	OFF	6 - 6:45pm	OFF	6 - 6:45pm	OFF	OFF	
* start 9/26 Campbell Co.	3:30 - 5pm Swim team		3:30 -5pm Swim team		3:30 - 5pm Swim team		