MANTA RAYS PRACTICE SCHEDULE | 2015-16

Summer Schedule – May 31-end of long course season

	EXPLORATION	DISCOVERY 1	DISCOVERY 2
MONDAY	11:45 am-1:00 pm	4:45-5:00 pm D 5:00-5:45 pm W	5:30-5:45 pm D 5:45-6:45 pm W
TUESDAY	OFF	OFF	OFF
WEDNESDAY	11:45 am-1:00 pm	4:45-5:00 pm D 5:00-5:45 pm W	5:30-5:45 pm D 5:45-6:45 pm W
THURSDAY	OFF	OFF	OFF
FRIDAY	11:45 am-1:00 pm	4:45-5:00 pm D 5:00-5:45 pm W	5:30-5:45 pm D 5:45-6:45 pm W
SATURDAY	OFF	OFF	OFF
SUNDAY	OFF	OFF	OFF

	IMAGINATION 1	IMAGINATION 2	CHALLENGE 1	CHALLENGE 2
MONDAY	11:30-12:00 pm D 12:00-1:00 pm W	6:15-6:45 pm D 6:45-8:15 pm W	12:00-1:30 pm W 1:30-2:00 pm D	4:40-5:00 pm D 5:00-7:00 pm W
TUESDAY	OFF	OFF	OFF	9:30-10:00 am D 10:00 am-12:00 pm W
WEDNESDAY	12:00-12:30 pm D 12:30-1:45 pm W	6:15-6:45 pm D 6:45-8:15 pm W	12:00-1:30 pm W 1:30-2:00 pm D	4:40-5:00 pm D 5:00-7:00 pm W
THURSDAY	11:30-12:00 pm D 12:00-1:00 pm W	*9:30-11:30 am @ UC* OR 6:15-6:45 pm D 6:45-8:15 pm W	*9:30-11:30 am @ UC OR* 12:00-1:30 pm W 1:30-2:00 pm D	*9:30-11:30 am @ UC OR* 4:40-5:00 pm D 5:00-7:00 pm W
FRIDAY	12:00-12:30 pm D 12:30-1:45 pm W	6:15-6:45 pm D 6:45-8:15 pm W	12:00-1:30 pm W 1:30-2:00 pm D	9:30-10:00 am D 10:00 am-12:00 pm W
SATURDAY	OFF	OFF	OFF	OFF
SUNDAY	OFF	OFF	OFF	OFF

	SENIOR 1*	SENIOR 2	HIGH PERFORMANCE
MONDAY	6:00-8:00 am W 8:00-9:00 am D OR *9:30 am – 12:00 pm W @ UC*	*9:30 am – 12:00 pm W @ UC OR* 1:00 pm – 3:00 pm 3:00-4:00 pm Dryland Only on meet weeks	7:30-10:00 am W 10:00-10:45 am D *1:50-4:00 pm W @ UC*
TUESDAY	7:00-9:00 am W LEMP 9:00-10:00 am D	6:00-8:00 am W 8:00-9:00 am D 1:00-3:00 pm W	7:30-10:00 am W 10:00-11:00 am D 3:00-5:00 pm W
WEDNESDAY	7:00-9:00 am W 9:00-10:00 am D OR *11:00-1:00 pm W @ UC*	*11:00-1:00 pm W @ UC*	*9:30-11:30 am W @ UC*
THURSDAY	7:00-9:00 am W LEMP 9:00-10:00 am D	6:00-8:00 am W 8:00-9:00 am D 1:00-3:00 pm W	7:30-10:00 am W 10:00-11:00 am D 3:00-5:00 pm W
FRIDAY	7:00-9:00 am W LEMP 9:00-10:00 am D	6:00-8:00 am W 8:00-9:00 am D 1:00-3:00 pm W	7:30-10:00 am W 10:00-11:00 am D 3:00-5:00 pm W
SATURDAY	10:30-11:15 am D 11:15-1:15 pm W	8:30-9:15 am D 9:15-11:15 am W	7:00-9:15 am W 9:15-10:00 am D
SUNDAY	OFF	OFF	OFF

We will offer a "catch-all" practice for those swimmers who cannot make the regular scheduled practice time on the following days and times: Monday, Wednesday, Thursday, and Friday 7:00-8:30 pm.

Practices at UC will begin the week of June 6.

W = Water time
D = Dryland time

Revised 4-24-16