

**Rec-Plex Sharks Summer Practice Schedule
June 5, 2023 through July 19, 2023**

Tiger:

Monday 7:30 AM - 8:15 AM (Long Course)
Tuesday, Wednesday, Thursday 5:00 PM - 6:00 PM (Short Course)

Mako:

Monday, Wednesday, Friday 7:30 AM - 8:45 AM (Long Course)
Tuesday, Wednesday, Thursday 5:00 PM - 6:15 PM (Short Course)
Saturday 7:00 AM - 8:15 AM (Short Course)

Hammerhead:

Monday, Wednesday, Friday 7:30 AM - 9:00 AM (Long Course)
Monday 5:00 PM - 6:30 PM (Short Course)
Tuesday, Wednesday, Thursday 5:00 PM - 6:30 PM (Short Course)
Saturday 7:00 AM - 8:30 AM (Short Course)

Leopard:

Monday, Wednesday, Friday 7:30 AM - 9:00 AM (Long Course)
Monday 5:00 PM - 6:30 PM (Short Course)
Tuesday, Wednesday, Thursday 6:15 PM - 7:45 PM (Short Course)
Saturday 7:00 AM - 9:00 AM (Short Course)

JV

Monday, Wednesday, Friday 5:30 AM - 8:15 AM (Long Course)
Monday, Tuesday, Wednesday, Thursday 5:00 PM - 6:30 PM (Short Course)
Saturday 7:00 AM - 9:00 AM (Short Course)

Varsity:

Monday, Wednesday, Friday 5:30 AM - 8:15 AM (Long Course)
Monday, Tuesday, Wednesday, Thursday 3:00 PM - 5:45 PM (Short Course)
Saturday 7:00 AM - 9:00 AM (Short Course)

Dryland practice days and times are TBD.

**PRACTICE DAYS AND TIMES ARE SUBJECT TO CHANGE BASED ON POOL
AVAILABILITY.**