

2020 Practice Schedule for Swimming (first 2 weeks of the season)

Monday, November 23

- Varsity 3:15-6:15 p.m. (includes dryland/lift)
- JV 3:15-5:30 p.m. (includes dryland/lift)

Tuesday, November 24

- Varsity 3:15-5:30 p.m.
- JV 3:15-5:00 p.m.

Wednesday, November 25

- Varsity 7:00-10:00 a.m. (includes dryland/lift)
- JV 7:00-9:00 a.m.

Thursday, November 26

- NO PRACTICE – HAPPY THANKSGIVING!!

Friday, November 27

- Varsity 2:30-5:30 p.m.
- JV 2:30-4:30 p.m.

Saturday, November 28

- Varsity 7:30-10:30 a.m. (lift first from 7:30-8:30; swim 8:30-10:30 am.)
- JV 7:30-9:30 a.m.

Sunday, November 29

- NO PRACTICE

Monday, November 30

- Varsity 5:30-7:00 a.m. (swim); AND 3:15-4:45 p.m. (dryland and lift)
- JV 3:15-4:45 p.m. (dryland and lift)

Tuesday, December 1

- Varsity 5:30-6:45 a.m. **AND** 3:15-5:30 p.m.
- JV 3:15-5:00 p.m.

Wednesday, December 2

- Varsity 3:15-6:30 (include dryland/lift)
- JV 3:15-5:00 p.m.

Thursday, December 3

- Varsity 5:30-6:45 a.m. **AND** 3:15-5:30 p.m.
- JV 3:15-5:00 p.m.

Friday, December 4

- Varsity 3:15-5:00 p.m.
- JV 3:15-5:00 p.m.

Saturday, December 5

- Varsity 7:30-10:30 a.m. (lift first from 7:00-8:00; swim 8:00-10:00 am.)
- JV 7:30-9:30 a.m.