

Practice Schedule - Mount Pleasant

Short Course Shedule

Group Name	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group Prep	PM		RL Jones	RL Jones	RL Jones		
			Swim 4:15-5:00 PM Dryland 5:00-5:15 PM	Swim 4:15-5:00 PM Dryland 5:00-5:15 PM	Swim 4:15-5:00 PM		
Age Group Blue	PM	RL Jones	RL Jones		RL Jones		
		Swim 4:15-5:15 PM Dryland 5:15-5:35 PM	Swim 5:30-6:30 PM		Dryland 5:10-5:30 PM Swim 5:30-6:30 PM		
Age Group Orange	PM		RL Jones	RL Jones	RL Jones		RL Jones
			Swim 4:15-5:30 PM	Swim 4:15-5:30 PM Dryland 5:30-6:00 PM	Swim 4:15-5:30 PM		Swim 7:15-8:45 AM Dryland 8:45-9:00 AM
Senior Prep	PM	Park West		Park West		Park West	RL Jones
		6:30-7:45 PM		Dryland 4:00-4:30 PM Swim 4:30-5:45 PM		Swim 4:15-5:45 PM	Swim 7:15-8:45 AM Dryland 8:45-9:00 AM
Senior White	PM	RL Jones		Park West	Park West	Park West	NCAC
		Swim 5:15-6:45 PM		Swim 5:45-7:15 PM	Dryland 4:00-4:30 PM Swim 4:30-6:00 PM	Swim 4:15-5:45 PM	Dryland 9:00-9:45 AM Swim 9:45-11:00 AM
Senior Blue	AM			Park West			NCAC
				Swim 5:30 - 7:00 AM			Dryland 9:00-9:45 AM Swim 9:45-11:00 AM
Senior Orange	AM	RL Jones	Park West		Park West	RL Jones	
		Swim 6:45-8:15 PM	Dryland 5:45-6:30 PM Swim 6:30-8:00 PM		Swim 6:00-7:30 PM	Swim 4:00-5:45 PM	
Senior Orange	AM	Park West	Park West		Park West	Park West	NCAC
		Swim 5:15-7:00 AM	Swim 5:15-7:00 AM		Swim 5:15-7:00 AM	Swim 5:15-7:00 AM	Swim 8:00-9:45 AM Dryland 9:45-10:30 AM
Senior Orange	PM		Park West	NCAC			
			Dryland 4:00-4:30 PM Swim 4:30-6:30 PM	Dryland 4:30-5:00 PM Swim 5:00-7:00 PM			
Senior Gold	AM	Park West	Park West		Park West	Park West	NCAC
		Swim 5:15-7:00 AM	Swim 5:15-7:00 AM		Swim 5:15-7:00 AM	Swim 5:15-7:00 AM	Swim 8:00-9:45 AM Dryland 9:45-10:30 AM
Senior Gold	PM	Park West		NCAC	NCAC		
		Dryland 4:00-4:30 PM Swim 4:30-6:30 PM		Swim 5:00-7:00 PM	Dryland 4:45-5:30 PM Swim 5:30-7:00 PM		