



## Senior Division Practice Schedule Starting Sept 11

### September 11-November 5

#### Senior

Mon/Wed	5:45-7:45 pm	Fairfield High	
Tue/Th	5:30-7:30 pm	Fairfield High	Includes dryland
Fri	4:30-6:15 pm	Armijo	
Sat	8:00-10:00 am	American Canyon High	

*\*Senior division meetings on Mondays at 5:15 pm.*

*\*\*Swimmers can attend weekday mornings with coach permission.*

*\*\*\*Swimmers can attend afternoons on Thursdays in American Canyon in lieu of Fairfield.*

*Practices are 5:15-7:00 pm at the Phillip West Aquatics Center.*

#### National

Mon/Wed	5:45-7:45 pm	Fairfield High	
Tue/Thu/Fri	5:15-7:15 am	Armijo	
Tue/Thu	6:00-7:00 pm	Pinnacle	Dryland
Fri	4:30-6:15 pm	Armijo	
Sat	8:00-10:00 am	Davis	

*\*Senior division meetings on Mondays at 5:15 pm.*

*\*\*No Wed mornings after Sept 20.*

*\*\*\*Can attend mornings or afternoons on Fridays.*

*\*\*\*\*Saturdays-attend practices at AC High if not able to attend Davis*

***Sunday morning practices UC Davis from 7-9 am (Long Course.) These practices are open to all National Development swimmers. Senior swimmers who are interested in attending should talk to their group coach.***