

SHORT COURSE 2021-2022 PRACTICE SCHEDULE

Practice Starts 9/13/21

S=Swim; D=Dryland

KING GEORGE Y

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------|------------------|
| Seniors no dryland yet | 3:30-5:30PM (S) 5:45-6:30PM (D) | 3:30-5:30PM (S) 5:45-6:30PM (D) | 3:30-5:30PM (S) 5:45-6:30PM (D) | 3:30-5:30PM (S) 5:45-6:30PM (D) | 3:30-5:30PM (S) | 8:00-10:00AM (S) |
| Juniors no dryland yet | 3:45-5:30PM (S) 5:45-6:15PM (D) | 3:45-5:30PM (S) 5:45-6:15PM (D) | 3:45-5:30PM (S) 5:45-6:15PM (D) | 3:45-5:30PM (S) 5:45-6:15PM (D) | 3:45-5:30PM (S) | 8:00-9:45AM (S) |
| Age Group I no dryland yet | 5:30-6:45PM (S) 4:45-5:15PM (D) | 5:30-6:45PM (S) 4:45-5:15PM (D) | 5:30-6:45PM (S) 4:45-5:15PM (D) | 5:30-6:45PM (S) 4:45-5:15PM (D) | 5:30-6:45PM (S) | |
| Age Group II | 6:15-7:15PM (S) | 6:15-7:15PM (S) | 6:15-7:15PM (S) | 6:15-7:15PM (S) | 6:15-7:15PM (S) | |
| Developmental | 5:30-6:15PM (S) | | 5:30-6:15PM (S) | | 5:30-6:15PM (S) | |

*The Long Course, Summer, practice schedule changes to doubles for the older groups, and different practice times for all groups, that will be determined!

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ROSNER Y

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------|-----------------|
| Seniors | 3:00-5:15PM (S) 5:15-6:00PM (D) | 3:00-5:15PM (S) 5:15-6:00PM (D) | 3:00-5:15PM (S) 5:15-6:00PM (D) | 3:00-5:15PM (S) 5:15-6:00PM (D) | 3:00-5:15PM (S) | 6:30-8:30AM (S) |
| Juniors | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) 4:45-5:15PM (D) | 5:15-7:00PM (S) | 6:30-8:30AM (S) |
| Age Group I | 6:15-7:30PM (S) 5:45-6:15PM (D) | 6:15-7:30PM (S) 5:45-6:15PM (D) | 6:15-7:30PM (S) 5:45-6:15PM (D) | 6:15-7:30PM (S) 5:45-6:15PM (D) | 6:15-7:30PM (S) | |
| Age Group II | 5:15-6:15PM (S) | 5:15-6:15PM (S) | 5:15-6:15PM (S) | 5:15-6:15PM (S) | 5:15-6:15PM (S) | |
| Developmental | 4:30-5:15PM (S) | | 4:30-5:15PM (S) | | 4:30-5:15PM (S) | |

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MASSAD Y

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------|---------------------|
| Seniors no dryland yet | 4:00-6:15PM (S) 6:15-7:00PM (D) | 4:00-6:15PM (S) 6:15-7:00PM (D) | 4:00-6:15PM (S) 6:15-7:00PM (D) | 4:00-6:15PM (S) 6:15-7:00PM (D) | 4:00-6:15PM (S) | 7:00-9:30AM (S) @ ? |
| Juniors no dryland yet | 6:15-8:00PM (S) 5:45-6:15PM (D) | 6:15-8:00PM (S) 5:45-6:15PM (D) | 6:15-8:00PM (S) 5:45-6:15PM (D) | 6:15-8:00PM (S) 5:45-6:15PM (D) | 5:45-7:30PM (S) | 7:00-9:00AM (S) @ ? |
| Age Group I | 6:45-8:00PM (S) 6:15-6:45PM (D) | 6:45-8:00PM (S) 6:15-6:45PM (D) | 6:45-8:00PM (S) 6:15-6:45PM (D) | 6:45-8:00PM (S) 6:15-6:45PM (D) | 6:45-8:00PM (S) | |
| Age Group II | 5:45-6:45PM (S) | 5:45-6:45PM (S) | 5:45-6:45PM (S) | 5:45-6:45PM (S) | 5:45-6:45PM (S) | |
| Developmental | | 5:00-5:45PM (S) | | 5:00-5:45PM (S) | 5:00-5:45PM (S) | |

**** STARTING SEPTEMBER 13 - UPDATED PRACTICE TIMES - ON OCTOBER 4 REVERT BACK TO REGULAR PRACTICE TIMES ABOVE****

| | | | | | | |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-------------------------|
| Seniors | 5:30-7:45PM (S) | 5:30-7:45PM (S) | 5:30-7:45PM (S) | 5:30-7:45PM (S) | 5:30-7:45PM (S) | 7:15-9:45AM (S) @ JRSSC |
| Juniors | 6:00-7:45PM (S) | 6:00-7:45PM (S) | 6:00-7:45PM (S) | 6:00-7:45PM (S) | 6:00-7:45PM (S) | 7:15-9:15AM (S) @ JRSSC |

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S=Swim; D=Dryland

| <u>JRSSC</u> | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|---|------------------------------------|---|------------------------------------|------------------------------------|-----------------|
| Senior I | 5:15-6:45AM (S) 4:15-6:30PM (S) 6:30-7:15PM (D) | 4:15-6:30PM (S) 6:30-7:15PM (D) | 5:15-6:45AM (S) 4:15-6:30PM (S) 6:30-7:15PM (D) | 4:15-6:30PM (S) 6:30-7:15PM (D) | 5:15-6:45AM (S) 4:15-6:30PM (S) | 7:15-9:45AM (S) |
| Senior II | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) 6:30-7:00PM (D) | 4:30-6:30PM (S) | 7:15-9:30AM (S) |
| Juniors | 6:45-8:30PM (S) 6:15-6:45PM (D) | 6:45-8:30PM (S) 6:15-6:45PM (D) | 6:45-8:30PM (S) 6:15-6:45PM (D) | 6:45-8:30PM (S) 6:15-6:45PM (D) | 6:45-8:30PM (S) | 7:15-9:15AM (S) |
| AG I | 7:15-8:30PM (S) 6:45-7:15PM (D) | 7:15-8:30PM (S) 6:45-7:15PM (D) | 7:15-8:30PM (S) 6:45-7:15PM (D) | 7:15-8:30PM (S) 6:45-7:15PM (D) | 7:15-8:30PM (S) | |
| AG II | 4:45-5:45PM (S) | 4:45-5:45PM (S) | 4:45-5:45PM (S) | 4:45-5:45PM (S) | 4:45-5:45PM (S) | |
| AG III | | 5:45-6:45PM (S) | 5:45-6:45PM (S) | 5:45-6:45PM (S) | 5:45-6:45PM (S) | |
| Developmental | | 6:30-7:15PM (S) | 6:30-7:15PM (S) | 6:30-7:15PM (S) | | |

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