



**August 2022 Transition**  
**Optional for Gold and Senior Practice Groups**  
**\$50 for the week**

**Aug 8<sup>th</sup> – 11<sup>th</sup> (\$50)**

Monday, Aug 8<sup>th</sup>: App North @ 8:30-10am  
Wednesday, Aug 10<sup>th</sup>: App North @ 8:30-10am  
Thursday, Aug 11<sup>th</sup>: App North @ 8:30-10am

**Aug 15<sup>th</sup> – 18<sup>th</sup> (\$50)**

Monday, Aug 15<sup>th</sup>: App North @ 8:30-10am  
Wednesday, Aug 17<sup>th</sup>: App North @ 8:30-10am  
Thursday, Aug 18<sup>th</sup>: App North @ 7-8:30am

**Aug 22<sup>nd</sup> – 25<sup>th</sup> (\$50)**

Monday, Aug 22<sup>nd</sup>: App North @ 8:30-10am  
Wednesday, Aug 24<sup>th</sup>: App North @ 8:30-10am  
Thursday, Aug 25<sup>th</sup>: App North @ 8:30-10am

**Aug 29<sup>th</sup> – 31<sup>st</sup> (\$50)**

Monday, Aug 29<sup>th</sup> App North @ 8:30 – 10am  
Tuesday, Aug 30<sup>th</sup> App North @ 8:30 – 10am  
Wednesday, Aug 31<sup>st</sup> App North @ 8:30 – 10am

**Must pay in full week increments** Swimmers may attend a single week, multiple weeks as your schedule allows, or all of the weeks  
Attendance will be taken and you will be billed according to which weeks you attended.