

Swimmers and Parents,

Our practice plan for Winter Break is as follows:

**Monday, 12/21**

SL	OFF
AGB	OFF
AGS	6:30-7:45 SHS
AGG	3:45-5:00/5:00-6:30 SHS
JR/HSP	OFF
SR	5:45-7:45 VHE
SR-AM	6:30-7:30 AM SHS
Masters	5:30-6:30 AM SHS

**Monday, 12/28**

SL	OFF
AGB	11:00-12:00 SHS
AGS	5:00-6:15 VHE
AGG	8:00-9:30 + 9:30-11:00 SHS
JR/HSP	OFF
SR	9:00-11:00 AM VHE
Masters	OFF

**Tuesday, 12/22**

SL	OFF
AGB	Dual Meet - 5:30-6:45 VHE
AGS	Dual Meet – 5:30-6:45 VHE
AGG	3:45-5:00 + 5:00-6:15 SHS
JR/HSP	6:15-7:15 SHS
SR	6:45-8:15 VHE
SR-AM	OFF
Masters	OFF

**Tuesday, 12/29**

SL	OFF
AGB	OFF
AGS	5:00-6:15 VHE
AGG	9:00-10:30 VHE
JR/HSP	5:00-6:15 VHE
SR	8:00-9:45 + 9:45-11:30 SHS

**Wednesday, 12/23**

SL	OFF
AGB	OFF
AGS	6:30-7:45 SHS
AGG	3:45-5:00/5:00-6:30 SHS
JR/HSP	OFF
SR	5:45-7:45 VHE
SR-AM	6:30-7:30 AM SHS
Masters	5:30-6:30 AM SHS

**Wednesday, 12/30**

SL	OFF
AGB	11:00-12:00 SHS
AGS	5:00-6:15 VHE
AGG	8:00-9:30 + 9:30-11:00 SHS
JR/HSP	OFF
SR	9:00-11:00 VHE
Masters	OFF

**Thursday, 12/24 - Sunday, 12/27 OFF**

**Thursday, 12/31 – Sunday, 1/3 OFF**