Waukesha Express Swim Team
Short Course Fall/Winter 2018/19 Practice Schedule

Check website, Swim Team, Practice Schedules for changes and/or updates. We will have an alternate schedule for Thursdays in which Waukesha South is hosting a high school meet at home. Check website frequently!

Express Super 8's	M - Th: 6:15 - 7:15 PM Sat: TBA (only if a high school meet on a weeknight) Swimmers can attend up to 3 practices/week.
AG White	M - Th: 6:15 - 7:15 PM Sat: TBA (only if a high school meet on a weeknight) Swimmers can attend up to 3 practices/week.
AG Grey	M: 6:00 - 7:30 PM T: 7:00 - 8:30 PM Th: 6:00 - 7:30 PM Sat: 10:00 - 11:30 AM
AG Black	M: 5:30 - 7:00 PM T: 5:30 - 7:00 PM W: 5:45 - 8:00 PM F: 5:30 - 7:00 PM Sat: 9:30 - 11:00 AM
AG Red	T: 5:30 -7:00 PM W: 6:00 - 7:30 PM F: 5:30 - 7:00 PM Sat: 11:00 AM - 1:00 AM
AG Performance	M: 7:00 - 8:30 PM T: 6:00 - 8:30 PM (dry land 6 - 7 PM optional) W: 5:45 - 8:00 PM Th: 6:00 - 8:30 PM (dry land 6 - 7 PM optional) F: 5:30 - 6:30 AM (morning practice) OR 5:30 - 7:00 PM Sat: 11:00 AM - 1:00 PM
Senior White	M/W/F: 5:30 - 7:30 PM Sat: 8:30 - 11:00 AM
Senior Black/ National Team	M - F: 3:30 - 6:15 PM Saturday: 8:30 AM - 11:00 AM Morning practices T/Th/F: 5:30 - 6:30 AM