



PRACTICE SCHEDULE - 2021

*AM PRACTICES WILL COMMENCE AFTER SUMMER BREAK. (June 9th, 2021)

DAY	GROUP	TIME PM
MONDAY	NOVICE	5:00 - 5:45 PM
TUESDAY	NOVICE	5:00 - 5:45 PM
WEDNESDAY	NOVICE	5:00 - 5:45 PM
THURSDAY	NOVICE	5:00 - 5:45 PM
FRIDAY	NOVICE	5:00 - 5:45 PM

DAY	GROUP	TIME PM
MONDAY	ADVANCED	WARM-UP: 5:00 PM PRACTICE: 5:45-6:45 PM
TUESDAY	ADVANCED	WARM-UP: 5:00 PM PRACTICE: 5:45-6:45 PM
WEDNESDAY	ADVANCED	WARM-UP: 5:00 PM PRACTICE: 5:45-6:45 PM
THURSDAY	ADVANCED	WARM-UP: 5:00 PM PRACTICE: 5:45-6:45 PM
FRIDAY	ADVANCED	WARM-UP: 5:00 PM PRACTICE: 5:45-6:45 PM

****NOTE: SWIMMERS ARE HIGHLY ENCOURAGED TO COME TO WARM UP. WARM-UP INCLUDES STRETCHING, DRYLAND TRAINING, AND WARM-UP LAPS AND DRILLS.***

OPEN SWIM DAYS

Swimmers are welcome to stay for the full practice

DATE	TIME PM
MONDAYS	5:00 -5:15 PM
WEDNESDAYS	5:00 -5:15 PM
FRIDAYS	5:00 -5:15 PM