

REGULAR SEASON PRACTICE SCHEDULE

	6 and under	7 and 8	9 and 10 (Group A)	9 and 10 (Group B)	11 and 12	13 to 18
Monday	7pm-7:45	7pm-7:45	7pm-7:45pm	7:45pm-8:30	7:45pm-8:30	8:15pm-9:15
Tuesday	(no practice)	8pm-8:30	8-8:30	8:30-9	8:30-9:15	8:45pm-9:45
Wednesday	7pm-7:45	7pm-7:45	7pm-8pm	7:45pm-8:30	7:45pm-8:30	8:15pm-9:15
Thursday	8pm-8:30	8pm-8:30	8-8:30	8:30-9	8:30-9:15	8:45pm-9:45

*IF YOU DO NOT KNOW WHAT GROUP YOUR 9-10 SWIMMER SHOULD BE IN, CONTACT THE HEAD COACH.