

School Break Practice Schedule for Junior/Senior Division

Senior Black:

-No practice, Saturday December 23, Sunday December 24 and Monday December 25

Week of December 18:

Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength

Tuesday: 3:45-6:00pm Swim and Core

Wednesday: 3:45-6:15pm Swim and Strength

Thursday: 3:45-6:00pm Swim and Core

Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength

Saturday: OFF

Sunday- OFF

Week of December 25:

Monday: Off on Christmas Day

Tuesday: 5:30-7:30AM Swim and 7:30-9:00am Strength/ 2-4pm Swim/5:30 Alumni Meet

Wednesday: 6:30-9:00am Swim/1:30-1:50Core and 2-4pm Swim

Thursday: 5:30-7:30AM Swim,7:30-9am Strength/ 2-4pm Swim/ 7-8:15pm (evening black 1 only)

Friday: 6:30-9:00am Swim/1:30-1:50Core and 2-4pm Swim

Saturday: 5:30-7:30AM Swim and 7:30-9:00am Strength/ 2-4pm Swim (afternoon Black 1 only)

Week of January 3:

Monday:7-9:30am Swim and 9:30-10:30am Strength

Tuesday: 6:30-9:00am Swim / Afternoon TBD

Wednesday: Resume Normal Schedule 3:45-6:15pm Swim + Strength

Thursday: 3:45-6:00pm Swim and Core

Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength

Saturday: 6:30-9:00am

Senior White:

-No practice, Saturday December 23, Sunday December 24 and Monday December 25

Week of December 19:

-Monday-Thursday: 4-6pm Swim (strength on Tue/Thur)

-Friday: 4-5:30pm Swim

-Off Sat and Sun

Week of December 26:

Mon- Off

Tue- Thurs/Sat: 8-10am Swim/ 2:15-4:15 Swim + Strength/ 5:30pm Alumni Meet

Wed/Friday: 7:30-10am Swim

Thurs/Sat: 8-10am Swim/ 2:15-4:15 Swim + Strength

Sunday: 1-3pm Swim

Week of January 2:

Mon 8-10:30am Swim

Tue:8-10am Swim and Strength

Wed-Thur: 4-6pm Swim (Strength on Thur)

Friday: 4-5:30pm

Sat: 8-10am

Senior Red:

-No practice, Saturday December 23, Sunday December 24, Monday December 25, Sunday December 31 and Monday January 1

Week of December 18:

-Mon-Thurs: 6:00-7:30pm
-Tues/Thurs drylands 7:00-7:30pm
-Fri: 4-5:30pm Swim

Week of December 25:

Mon- Off
Tue/THur/Sat 10-11:30am Swim
Wed/Fri: 10-11:30 Swim and Dryland

Week of January 1:

Mon- Off
Tue- 10-11:30 Swim and Dryland
Wed-Thur: 6-7:30pm (Thur Drylands 7-7:30pm)
Fri: 4-5:30pm

**can attend Junior white if you cannot attend mornings Week of December 25*

Junior Black:

-No practice, Saturday December 23, Monday December 25, and Monday January 1
Week of December 18: Mon-Thurs Normal/ Friday- 4-5:30pm Swim, Sat- Off
-Week of Dec 25: Mon- Off/Tue: 4-5:30pm and Alumni Meet 5:30pm/Wed/Thurs, 9:00-11:00am
-Week of January 1- Mon- Off/ Tue- 9:00-11:00am/ Wed- Resume Normal Schedule

Junior White:

-No practice, Saturday December 23, Monday December 25, and Monday January 1
-Week of December 18: Mon-Thursday Normal, Friday- 4-5:30pm, Sat- Off
- Week of December 25: Mon- Off, Tue 4-5:30 and Alumni Meet, Wed-Thur- 4:30-6:00pm, Fri 4-5:30pm and Sat 9:30-11am
- Week of January 1: Mon-Off, Tue 4:30-6:00pm, Wed- Resume normal Schedule

Junior Red:

-Week of December 25: Wed/Thur 4:30-5:30
- Week of January 1: Tue/Wed/Thur- 4:30-5:30