

School Break Practice Schedule

The pool will be set to Long Course Meters course Sunday, December 23 to Friday January 4.

All groups will return to regular school year schedule on Monday, January 7.

- **Senior Black:**

No practice, Tuesday December 25 and Tuesday January 1

Week of December 17

- Mon-Thursday: regular schedule
- Friday: 5-6:30am Swim/1-4pm Strength and Swim (Black 1) and 2-4pm Swim (Black 2)
- Saturday: 6:30-9:00am Swim and 2-4pm Swim (before Alumni Meet) 4pm Alumni Meet
- Sunday 1-3:30pm Swim and Strength (move bulkhead)

Week of December 24:

- Monday: 6:30-9:00am Swim
- Tuesday: Off- Christmas Day
- Wednesday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim
- Thursday: 6:30-9:00am Swim/ 1:30-4:00pm Core and Swim
- Friday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim
- Saturday: 6:30-9:00am Swim/ 1:30-4:00pm Core and Swim
- Sunday: 1-3:30pm Swim and Strength

Week of December 31:

- Monday: 6:30-9:00am Swim
- Tuesday: Off-New Year's Day
- Wednesday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim
- Thursday: 6:30-9:00am Swim/ 1:30-4:00pm Core and Swim
- Friday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim (move bulkhead at 1:45pm)
- Saturday: 6:30-9:00am Swim/ 1:30-4:00pm Core and Swim
- Sunday: Off

- **Senior White:**

No practice, Tuesday December 25 and Tuesday January 1

Week of December 17:

- Mon-Fri: Regular Schedule
- Saturday: 8-10:30am Swim/ 2-4pm Swim and Alumni Meet 4pm

Week of December 24:

- Monday: 8-10:30am Swim
- Tuesday: Off- Christmas
- Wednesday: 8-10am Swim/2:15-4:15 Swim and Strength
- Thursday: 8-10:30am Swim
- Friday: 8-10am Swim/2:15-4:15 Swim and Strength
- Saturday: 8-10:30am Swim

Week of December 31:

- Monday: 8-10:30am Swim
- Tuesday: Off- New Year's Day
- Wednesday: 8-10am Swim/2:15-4:15 Swim and Strength

-Thursday: 8-10:30am Swim
-Friday: 8-10am Swim/2:15-4:15 Swim and Strength
-Saturday: 8-10:30am Swim

- **Senior Red:**

*No practice, Tuesday December 25 or Tuesday, January 1
Can attend Junior White if you cannot attend mornings Week of Dec 24 & Dec 31*

Week of December 17:

-Mon-Thursday: regular schedule
-Saturday: Alumni Meet, 4pm

Week of December 24:

-Monday: 10:30am-12:00pm
-Tuesday: Off- Christmas
-Wednesday: 4:15-6:00pm
-Thursday: 10:30am-12:00pm
-Friday: 4:15-6:00pm

Week of December 31:

-Monday: 10:30am-12:00pm
-Tuesday: Off- New Year's Day
-Wednesday: 4:15-6:00pm
-Thursday: 10:30am-12:00pm
-Friday: 4:15-6:00pm

- **Junior Black:**

No practice, Mon December 24, Tuesday December 25 and Tuesday January 1

Week of December 17:

-Regular schedule

Week of December 24:

-Mon/Tues: Off
-Wed/Thur/Fri/Sat: 9-11am swim
-Thurs/Sat: Dryland, 8:30-9am

Week of December 31

-Monday: 9:00-11:00am
-Tuesday: off
-Wed/Thur/Fri/Sat: 9-11am swim
-Thurs/Sat: Dryland, 8:30-9:00am

- **Junior White:**

No practice, Mon December 24, Tuesday, December 25 and Tuesday, January 1

Week of December 17:

-Regular schedule

Week of December 24:

-Mon/Tue- Off,

-Wed/Thur/Fri: 4:30-6:00pm
-Sat 9:30-11:00am

Week of December 31

-Monday: 9:30-11:00am
-Tuesday- Off
-Wed/Thur/Fri: 4:30-6:00pm
-Saturday: 9:30-11:00am

- **Junior Red:**

Week of December 17: regular schedule

Week of December 24:

-Mon/Tues- off
-Wed/Thur/Fr, 4:30-5:30

Week of December 31:

-Mon/Tues- off
-Wed/Thur/Fr, 4:30-5:30

- **Advanced Age Group Division**

Week of December 17: regular schedule

Week of December 24 & December 31: follow Senior Red schedule (to be confirmed)

- **8 & Under/ Age Group Division**

-no practice the week of December 17, December 24 or December 31 (Dec dues are prorated to \$35 for 8 & U or \$45 for Age Group)

-return to practice the week of January 7 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

8 & U / Age Group Division swimmers participating in the TAQ Mardi Gras Meet (Jan 18-19)

-Practice will be offered during the weeks of December 17, December 24 and December 31. We will announce as it gets closer to this time but most likely this will be a 4:30pm practice for the 8 & Us and 5:30-6:45pm practice for the Age Group swimmers attending the TAQ meet during the week of Dec 17 and then a few days the week of December 24 and week of December 31. We will be in touch with those signed up for the meet in November regarding that schedule.

-Meet info for the Mardi Gras Meet is here (open to swimmers in 8 & U 2, 8 & U 3, Age Group 2, Age Group 3 and requires USA Swimming Membership).

<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019>