

# Summer Practice Schedule

## **Junior/Senior Division Begins May 28**

- **Senior Black**
  - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
  - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim
  - Friday- 6:45 to 9AM Swim (Black 1 only), 2-4:00PM Strength and Yoga
  - Saturday- 6:30-9AM Swim
  - \*Core on Monday and Wednesday (1:40PM) and Yoga Friday*
- **Senior White**
  - Mon-Thurs, 7:00-9:00am
  - Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)
  - Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)
- **Senior Red**
  - Mon/Wed/Fri, 4:30-6:00pm
  - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
- **Junior Black**
  - Mon-Thurs and Sat, 9:00-11:00am
  - Mon/Wed drylands, 8:30am
  - Core on deck, T/Th at 9:00am (swim after)
- **Junior White**
  - Mon/Wed- Swim- 6:00-7:15pm
  - Mon/Wed- 5:30-6:00pm drylands
  - Tues/Thurs- 5:00-6:30pm swim
  - Saturday- 9:45am abs on deck and 10:00-11:15am swim
- **Junior Red**
  - Mon-Thurs, 4:00-5:00pm

## **8 & Under and Age Group: Begins June 4**

- **8 & Under**
  - 8:30-9:15am
  - 4:10-5:00pm
  - M/W, T/Th or Mon-Thurs
- **Age Group**
  - 9:15-10:30am
  - 5:00-6:15pm for Age Group 1 & 2
  - 6:15-7:30pm for Age Group 3 & 4 (Adv Age Group).
  - enrollment is Mon-Thurs; no Fri/Sat in the summer

## **Novice Summer Season: June 4-July 26**

*Enrollment options: 2 day, Mon/Wed or Tues/Thur*

- Ages 4-8yrs: 8:30am, 3:45pm, or 4:30pm
- Ages 8-9yrs: 5:15-5:55pm
- Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm