

Practice Schedule - May 6 - June 16th

May 6 - June 16th		Monday	Tuesday	Wednesday	Thursday	Friday
Mini Aquarians	PM - Dryland	4:30 - 4:45		4:30 - 4:45		4:30 - 4:45
June 3 - 14	Swim	4:45 - 5:30		4:45 - 5:30		4:45 - 5:30

Dev 1 & Dev 2	AM - Dryland		6:15 - 6:30			
	Swim		6:30 - 7:30			
			Dev 1 Starts May 21st			
	PM - Dryland	4:15 - 4:30	DL 4:15 - 4:30	4:15 - 4:30	DL 4:15 - 4:30	4:15 - 4:30
	Swim	4:30 - 5:30	SW 4:30 - 5:30	4:30 - 5:30	SW 4:30 - 5:30	4:30 - 5:15
			Starting May 20th		Starting May 20th	Team Time
		Dev 2 Only		Dev 1 Only	5:15 - 5:45	

White	AM - Dryland		DL 6:15 - 6:30		DL 6:15 - 6:30	
	Swim		SW 6:30 - 7:30		SW 6:30 - 7:30	
	PM - Dryland	5:00 - 5:30	5:15 - 5:30	5:00 - 5:30	5:15 - 5:30	5:00 - 5:15
	Swim	5:30 - 6:30	5:30 - 6:30	5:30 - 6:30	5:30 - 6:30	Team Time 5:15-5:45
	Stretch	6:30 - 6:45	6:30 - 6:45	6:30 - 6:45	6:30 - 6:45	Combo 5:45 - 6:30

Red & Black	AM - Dryland	6:15 - 6:30		6:15 - 6:30		6:15 - 6:30
	Swim	6:30 - 7:30		6:30 - 7:30		6:30 - 7:30
		May Only				
	PM - Dryland	6:15 - 6:30	5:45 - 6:30	6:15 - 6:30	5:45 - 6:30	5:00 - 5:15
	Swim	6:30 - 8	6:30 - 7:30	6:30 - 8	6:30 - 7:30	Team Time 5:15-5:45
	Stretch	8 - 8:15	7:30 - 7:45	8 - 8:15	7:30 - 7:45	Combo 5:45 - 6:30

High School Fit	AM - Dryland	DL 6:15 - 6:30		DL 6:15 - 6:30		DL 6:15 - 6:30
	Swim	SW 6:30 - 7:30		SW 6:30 - 7:30		SW 6:30 - 7:30
	PM - Dryland	DL 6:15 - 6:30	DL 5:45 - 6:30	DL 6:15 - 6:30	DL 5:45 - 6:30	
	Swim	SW 6:30 - 8	SW 6:30 - 7:30	SW 6:30 - 8	SW 6:30 - 7:30	

Masters	AM - Dryland	No Coaching in AM's	DL 6:15 - 6:30	DL 6:15 - 6:30	DL 6:15 - 6:30	DL 6:15 - 6:30
	Swim	2-3 Lanes	SW 6:30 - 7:30	SW 6:30 - 7:30	SW 6:30 - 7:30	SW 6:30 - 7:30
	PM - Dryland	7:45 - 8:00		7:45 - 8:00	7:45 - 8:00	
	Swim	8:00 - 9:00		8:00 - 9:00	8:00 - 9:00	

Starting May 21st
 Clinic for White
 4:15 - 5:15
 Lanes 4-6 + DT

Starting May 23rd
 Clinic for Red/Blk
 4:15 - 5:15
 Lanes 4-6 + DT