

## Practice Schedule

### Swimming

		<u>Water</u>	<u>Dryland</u>
June 2 – June 18	11 & up	3:45-5:00	5:00-5:30
	10 & Under	5:00-6:00	4:45-5:00

**\*\*exceptions: June 10 and 11 3:45- 6:00 pm- Time trials all ages**

		<u>Water</u>	<u>Dryland</u>
June 21 – July 16	11 & up	8:45-10:00	10:00-10:30
	9 & 10	10:00-11:00	9:30-10:00
	8 & Under	11:00-12:00	10:40-11:00

**\*\* exceptions: July 13 and 20 Varsity practice only – 7:30 – 8:30 am**

July 26 – July 30 “A” champs qualifiers – times TBA

Pre-team TBA, starts week of June 21

### Diving

		<u>M/W/F</u>
June 2 – June 18	New Divers	4:00-5:00
	Returning Divers	5:00-6:00
June 5 <sup>th</sup> and June 12 <sup>th</sup>		9:00-11:30 am **Optional**

**\*\*exceptions: No Tues/Thurs Practices until after June 18<sup>th</sup>\*\***

**\*\*No Dive Practice Friday, June 11<sup>th</sup>**

**\*\*\*Exceptions for swim practice time conflicts\*\*\***

June 21 - July 23	Advanced Divers	Mon thru Fri:	10:00-11:30
	Level 2:	M/W/F:	9:00-10:00
	Level 1:	T/R:	9:00-10:00

**\*\*exceptions: No Dive Practice July 1 and July 9**

July 26 – July 30 Dive Champs- TBA

