

Practice Schedule – before school is out

The first day of practice is Monday, April 6, 2009

Practice Times (while school is in session):

2:30 pm to 5 pm	Seniors
4:30 pm to 6 pm	Elementary school ages
5:30 pm to 7 pm	Middle school ages
5:00 pm to 7:30 pm	Advanced and High School swimmers that can't make to it earlier practice.
4:30 pm to 5:30 pm	Returning - 6 and under
5:30 pm to 6:30 pm	New - 6 and under

Summer Practice Schedule – begins Monday, June 8, 2009

7:00 – 9:00 am	Seniors: 13- 14 / 15- 17 *
9:00 – 10:00 am	6 & under **
7:30 – 9:00 am	7 & 8 year olds
9:00 – 10:30 am	9 & 10 / 11 & 12 year olds

* This is primarily a senior practice. However, both pools are available so other swimmers can be accommodated.

**6 & under is a committed practice where these new and young swimmers will be receiving age-appropriate instructions.

Switching practice times: If swimmers have scheduling conflicts, it is fine to switch between 7:30 and 9:00 practice times. Please let your coach know so that staffing can be evaluated properly.