

Practice Schedule: Beginning Monday, November 9

Red 2	4-5 PM	Monday through Friday	
Red 3	5-6 PM	Monday through Friday	
Orange	5-7 PM 8-10 AM	Monday through Friday Saturday	
Senior	4-6:30 PM	Monday through Friday	Swim
	5:30-7:30 AM	Wednesday and Friday	Swim
	5:30-7 AM	Tuesday and Thursday	Weights
	7-8:30 AM	Saturday	Weights
	9-10:30 AM	Saturday	Swim
Masters	5:30-7:30 AM	Monday through Friday	
	6:30-7:30 PM	Monday, Wednesday, and Friday	