



## WEEKLY GROUP SCHEDULE

May 1st – June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group						
Little Fishy	3:45-5:00 PM	3:45-5:00PM	3:45-5:00PM	3:45-5:00PM	3:45-5:00PM	
Junior B	5:45-7:30AM 5:45-7:00PM	5:45-7:00PM	4:30-6:30PM DL	5:45-7:30AM OFF	6:00-8:00PM DL	
Junior A	4:45-6:00PM	5:45-7:30AM 4:30-6:30PM DL	OFF	5:45-7:30AM 4:45-6:00PM	4:30-6:30PM DL	
Intermediate	5:45-7:30AM 4:45-6:00PM	4:30-6:00PM DL	5:45-7:30AM 4:30-6:00PM DL	OFF	5:45-7:30AM 4:45-7:00PM	
Senior	5:45-7:00PM	5:45-7:30AM OFF	5:45-7:30AM 5:45-7:00PM	4:30-7:00PM DL	5:45-7:30AM 6:30-8:00PM DL	
Junior Polo	6:00-7:30PM		6:00-7:30PM			6:30-7:45PM
Senior Polo	7:30-9:00PM		7:30-9:00PM			7:45-9:00PM
Synchro		6:00-9:00PM DL		6:00-9:00PM DL		
Tech. Time		6:30-8:00PM	6:30-7:00PM	6:00-8:00PM		

**Notes:**

1. All swimming and synchro practices include a 15 or 30-minute dry land session before practice. 30 minute dry lands are designated by **DL**.
2. Water polo practices times do not include dry land.