



2018-2019 Short Course Season FALL, SPRING, SUMMER Practice Schedule

(starts on September 4, 2018 – November 4, 2018 / March 10, 2018 – June 30, 2018); updated 8/22/18)

***SENIOR Group (13 & Over)**

Water Training

Monday/Thursday 5:30-7:30p (outdoor pool)
Tuesday/Wednesday/Friday 4:30-6:30p (outdoor pool)
Tuesday Morning 6:00-7:00a (TBA)
Saturday 6:30-8:00a (outdoor pool)

Land Training (Trainer Lindsey)

Monday/Thursday 4:30 – 5:15p

***SENIOR PREP / FLEX Group (11-14yrs)**

Water Training

Monday/Thursday 5:30-7:00p (outdoor pool)
Tuesday/Wednesday/Friday 4:30-6:00p (outdoor pool)
Saturday 6:30-8:00a (outdoor pool)

Land Training (Trainer Lindsey)

Monday/Thursday 4:30 – 5:15p

SHARKS Group (9-12yrs)

Water Training

Monday-Friday 5:30-6:45p (indoor pool)

Land Training (Trainer Kim)

Tuesday/Wednesday 4:30-5:15p

SHARKS PREP / FLEX GROUP (9-12yrs)

Water Training

Monday-Friday 5:30-6:45p (indoor pool)

Land Training (Trainer Kim)

Tuesday/Wednesday 4:30-5:15p

FISH Group (6-10yrs)

Water Training

Monday-Friday 4:30-5:30p (indoor pool)

Land Training

No land training.

*Senior Prep and Senior Group practice and schedule times will change in November and March, due to day light savings.



2018-2019 Short Course Season WINTER Practice Schedule

(starts on November 4, 2018 – March 10, 2019; updated 8/22/18)

***SENIOR Group (13 & Over)**

Water Training

Monday-Friday 4:30-6:15p (outdoor pool)
Tuesday Morning 6:00-7:00a (TBA)
Saturday 6:30-8:00a (outdoor pool)

Land Training (Trainer Lindsey)

Monday/Thursday 6:30-7:30p

***SENIOR PREP / FLEX Group (11-14yrs)**

Water Training

Monday/Thursday 4:30-6:00p (outdoor pool)
Tuesday/Wednesday/Friday 4:30 - 6:00p
Saturday 6:30-8:00a (outdoor pool)

Land Training (Trainer Lindsey)

Monday/Thursday 6:30-7:30p

SHARKS Group (9-12yrs)

Water Training

Monday-Friday 5:30-6:45p (indoor pool)

Land Training (Trainer Kim)

Monday/Wednesday 4:30-5:15p

SHARKS PREP / FLEX Group (9-12yrs)

Water Training

Monday-Friday 5:30-6:45p (indoor pool)

Land Training (Trainer Kim)

Tuesday/Wednesday 4:30-5:15p

FISH Group (6-10yrs)

Water Training

Monday-Friday 4:30-5:30p (indoor pool)

Land Training

No land training.

*Senior Prep and Senior Group practice and schedule times will change in November and March, due to day light savings.