

**Pre-Season Schedule** (aug 8- sept 6)

**Senior:** Mon/Wed 3:00pm-5:30pm, Tue/Thu 3:00pm-5:45pm swim first TTh

**Sr2 & Sr3:** Mon/Wed 2:45pm-5:00pm, Tue/Thu 2:45pm-5:15pm swim first MW

**Prep & Jr:** Mon-Thu, 5:45pm-7:45pm

**Gold:** Mon/Wed, 5:00pm-6:30pm

**Blue:** Tue/Thu, 5:15pm-6:30pm

**No practice Sept 5**

**Regular Season Practice Schedule** (starts sept 12)

**Home School Clinic** – TTh 1-2pm

**Pre-Team** - Mon, Wed 5-6p \$85  
(no preseason, stats Sept 19)

**Blue Team** - Tues, Thurs 5:45-7pm; \$125  
Sat 9:30-11a

**Gold Team** - Mon, Wed, Fri 5:30-7pm; Coach Hugh \$175  
Sat 9:30-11am *Gold Plus Tues 615-815pm,*

**MS stroke clinic** – Tues, Thurs 7-8p \$200/8 wks

**Junior Team** - Mon, Tues, Wed, Fri 6:15-815pm; Coach Jacy \$200  
Sat 9:30-11a or 1030a-1230p

**Prep Team** – Mon, Wed, Thurs, Fri 6:15-8:30/45pm; Coach Natalie \$240  
Sat 10:30am-12:30pm  
*\*P1 will add Tues 7-830 in October.*

**13&Over training clinic (Aug 16-Oct 15)** \$250/8 wks  
M, T, Th – 745-915p (shifts 15 mins Sept 12)

**Senior 3** – Mon (m), Fri (p) 2:45-505pm; Wed 245-405 Coach Jacy \$240  
Tues, Thurs 245-515 (d)  
Sat 630-9am (d)

**Senior 2** – Mon, Wed, Fri (d) 2:45-520pm; Coach Hugh \$255  
Tues (m), Thurs (p) 245-515  
Sat 630-830am

**Senior** – Mon, Wed, Fri 3-600pm; Lucas and \$275  
T, Th 3-615; Sat 730-10am Natalie