

Pre-Season Schedule (aug 9- 31)

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 4

Regular Season Practice Schedule (starts sept 12)

Home School Clinic – TTh 1-2pm

Pre-Team - Mon, Wed 5-6p \$95
(no preseason, stats Sept 19)

Blue Team – Mon 530-7, Tues, Thurs 5:45-7pm; \$145
Sat 10-1130

Gold Team - Mon, Wed, Fri 5:30-7pm; Coach Hugh \$200
Sat 10-1130am *Gold Plus Tues 615-815pm,*

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

Junior Team - Mon, Tues, Thurs, Fri 6:15-815pm; \$230
Sat 10-1130a or 1045a-1p

Prep Team – Mon, Wed, Thurs, Fri 6:15-8:30/45pm; \$275
Sat 1045a-1p
**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 11)

Senior 3 – Mon, Wed, Fri 2:45-515pm; \$275
Tues, Thurs 245-530; Sat 7-915am

Senior 2 – Mon- Fri 2:45-530pm; Coach Hugh \$293
Sat 7-915am

Senior – Mon, Wed, Fri 3-600pm; Coach Lucas \$315
T, Th 3-615; Sat 8-1030am