



## 2018 Summer Practice Schedule

**PLEASE BE 5-10 MINUTES EARLY TO PRACTICE.**  
**THE START TIME IS WHEN WE ARE IN THE WATER,**  
**NOT WHEN WE SHOW UP.**

### **Before School is Out: May 24 - June 16**

#### **Monday-Friday**

13 & Over: 4-6 p.m.

12 & Under: 6-7:30 p.m.

8 & Under: dryland\* from 6-6:30 p.m., practice in the pool from 6:30-7:30 p.m.

#### **Saturdays**

13 & Over: 7:30-9:30 a.m.

9-12: 9:30-11 a.m.

8 & Under/Future Sailfish: 11 a.m.-Noon

\*Bring gym shoes, comfortable clothing and water for dryland. Cap, goggles, suit and water bottle for all swimmers,

### **After School is Out: June 18-July 18**

#### **Monday-Saturday**

13 & Over: 7:30-9:30 a.m.

(or anyone 12 & Under below a 1:15:00 100 Free)

9-12: 9:30-11 a.m. (or anyone 8 & Under below a :41:00 50 freestyle AND legal in all four strokes)

8 & Under/Future Sailfish: 11 a.m.-Noon

**We will be offering an early practice from 7-8 a.m. for swimmers who have a conflicting schedule with sailing.**

#### **July 19 - July 26**

Finals team only practice, times to be determined at a later date.