

Spring Practice Schedule

Beginning Monday, March 17th

Senior Elite:

Day	AM	PM
Monday	5:30-7:00 AC	3:30-6:15 AC
Tuesday		3:30-6:15 AC
Wednesday		3:30-5:45 AC
Thursday	5:30-7:00 AC	3:30-6:15 AC
Friday		3:30-5:30 AC
Saturday	TBD	

Senior 2:

Day	AM	PM
Monday	5:30-7:00 AC	3:30-6:00 AC
Tuesday		3:30-6:15 AC
Wednesday		3:30-6:00 AC
Thursday	5:30-7:00 AC	3:30-6:15 AC
Friday		3:30-5:30 AC
Saturday	TBD	

Senior 1:

Day	AM	PM
Monday		5:00-7:15 AC
Tuesday	5:30-7:00 AC	5:00-7:15 AC
Wednesday		5:00-7:15 AC
Thursday	5:30-7:00 AC	5:00-7:15 AC
Friday		5:00-7:00 AC
Saturday	TBD	

Pre-Senior 2: (March 17-April 18)

Day	AM	PM
Monday		4:00-6:15 DCN
Tuesday	5:30-7:00 AC	4:00-6:15 DCN
Wednesday		4:00-6:15 DCN
Thursday	5:30-7:00 AC	4:00-6:15 DCN
Friday		4:30-6:00 DCN
Saturday	TBD	

Pre-Senior 2: (April 21-June 6)

Day	AM	PM
Monday		4:00-6:15 DCN
Tuesday	6:00-8:00 AC	5:00-6:30 SP
Wednesday		4:00-6:15 DCN
Thursday	6:00-8:00 AC	5:00-6:30 SP
Friday		4:30-6:00 DCN
Saturday	TBD	

** Please note that on Tuesday & Thursday, the morning practice is the main practice of the day. Make sure to make plans so that the swimmers can get to school from the Aquatic Center.

Pre-Senior 1: (March 17-April 18)

Day	AM	PM
Monday		4:00-6:15 DCN
Tuesday	5:30-7:00 AC	4:00-6:15 DCN
Wednesday		4:00-6:15 DCN
Thursday	5:30-7:00 AC	4:00-6:15 DCN
Friday		4:30-6:00 DCN
Saturday	TBD	

Pre-Senior 1: (April 21-June 6)

Day	AM	PM
Monday	6:00-8:00AC	5:00-6:30 SP
Tuesday		4:00-6:15 DCN
Wednesday	6:00-8:00 AC	5:00-6:30 SP
Thursday		4:00-6:15 DCN
Friday		4:30-6:00 DCN
Saturday	TBD	

** Please note that on Monday & Wednesday, the morning practice is the main practice of the day. Make sure to make plans so that the swimmers can get to school from the Aquatic Center.

Age Group 3:

Day	AM	PM
Monday		5:30-7:30 DCN
Tuesday	5:45-7:00 AC	5:30-7:30 AC
Wednesday		5:30-7:30 DCN
Thursday		5:30-7:30 AC
Friday		5:30-7:00 AC
Saturday	TBD	

Age Group 2:

Day	AM	PM
Monday		5:45-7:30 AC
Tuesday		5:45-7:30 DCN
Wednesday		5:45-7:30 AC
Thursday	5:45-7:00 AC	5:45-7:30 DCN
Friday		6:00-7:30 DCN
Saturday	TBD	

Age Group 1: (NT & FCCA)

Day	AM	PM
Monday		4:30-6:00 SP
Tuesday		4:30-6:00 SP
Wednesday		4:30-6:00 SP
Thursday		4:30-6:00 SP
Friday		4:30-5:45 SP
Saturday	TBD	

** Settler Park Groups will move to Crescent Lakes sometime after the 1st of May.

Junior 2: (NT & FCCA)

Day	AM	PM
Monday		5:45-7:15 SP
Tuesday		5:45-7:15 SP
Wednesday		5:45-7:15 SP
Thursday		5:45-7:15 SP
Friday		5:45-7:15 SP

** Settler Park Groups will move to Crescent Lakes sometime after the 1st of May.

Junior 1: (NT & FCCA)

Day	AM	PM
Monday		6:00-7:15 SP
Tuesday		6:00-7:15 SP
Wednesday		6:00-7:15 SP
Thursday		6:00-7:15 SP
Friday		6:00-7:15 SP

** Settler Park Groups will move to Crescent Lakes sometime after the 1st of May.

Blue: (NT & FCCA)

Day	AM	PM
Monday		5:15-6:15 YMCA
Tuesday		4:30-5:45 YMCA
Wednesday		5:15-6:15 YMCA
Thursday		4:30-5:45 YMCA
Friday		

** NT Blue Swimmers that are returning to summer league will continue with their “Regular Fall” schedule at New Territory from March 17-March 28

Red: (NT & FCCA)

Day	AM	PM
Monday (Red M-W-F)		4:30-5:30 YMCA
Tuesday (Red T-Th-F)		5:15-6:15 YMCA
Wednesday (Red M-W-F)		4:30-5:30 YMCA
Thursday (Red T-Th-F)		5:15-6:15 YMCA
Friday (Red both groups)		5:00-6:00 YMCA

** NT Red Swimmers that are returning to summer league will continue with their “Regular Fall” schedule at New Territory from March 17-March 28

White: (NT & FCCA)

Day	AM	PM
Monday (White M-W-F)		4:15-5:00 YMCA
Tuesday (White T-Th-F)		5:30-6:15 YMCA
Wednesday (White M-W-F)		4:15-5:00 YMCA
Thursday (White T-Th-F)		5:30-6:15 YMCA
Friday (White both groups)		4:15-5:00 YMCA

** NT White Swimmers that are returning to summer league will continue with their “Regular Fall” schedule at New Territory from March 17-March 28

