



PRACTICE ADJUSTMENTS

July 24 - August 9, 2017

Monday (24th)

All groups usual Practice

Tuesday (25th)

YMCA National Team: 4:00 - 6:30pm (team meeting 6:00- 6:30) All seniors: 3:30pm - 5:30pm All

Juniors: 6:00 - 7:30pm

Wednesday (26th)

YMCA National team: 4:00 - 6:30pm

All seniors: 3:30pm - 5:30pm

All Juniors: 6:00 - 7:30pm

Thursday (27th)

YMCA National team: 4:00 - 6:30pm

All seniors: 3:30 - 5:30pm

All Juniors: 6:00 - 7:15pm

Friday (28th)

YMCA National team: 4:00 - 6:15pm

All seniors: 3:30 - 5:30pm

All Juniors: 6:00 - 7:00pm

Saturday (29th)

YMCA National team: 7:00 - 8:30am

All other groups: no practice

Monday (31st)

All Seniors: 4:30 - 6:15

All Juniors: 6:15 - 7:45

Tuesday (1st)

All Seniors: 4:30 - 6:15

All Juniors: 6:15 - 7:45

Wednesday (2nd)

All Seniors: 4:30 - 6:15

All Juniors: 6:15 - 7:45

Thursday (3rd)

All Seniors: 4:30 - 6:15

All Juniors: 6:15 - 7:45

Friday (4th)

All Seniors: 4:30 - 6:15

All Juniors: 6:15 - 7:45

Saturday (5th)

All Seniors: 8:00 - 10am

All Juniors: 10am - 11:30am

August 7, 8, & 9 we will have a practice from 4:00 - 5:30pm for swimmers attending the Zones championship meet in Richmond.