

2023 Summer Practice Schedule

Sr Black/ White

Monday - Saturday 6:45- 9:00am

Monday/ Wednesday 3:30- 5:00pm (Drylands/ Power Hour)

Jr Black

Monday- Saturday 6:45- 9:00am

Monday/ Wednesday 3:30- 5:00 (Drylands/ Power Hour)

Sr Red

Monday/ Wednesday 6:00- 7:30pm

Tuesday/ Thursday 7:00- 8:00pm

Saturday 9:00- 10:30am

Jr White/ Red

Monday/ Wednesday 5:00- 6:30pm (Drylands/ Swim)

Tuesday/ Thursday 5:30- 7:00pm (Drylands/ Swim)

NO FRIDAY OR SATURDAYS!!!

8&Under

Monday/ Wednesday 5:30- 6:15pm

Tuesday/ Thursday 5:15- 6:00pm

Masters

Monday/ Wednesday/ Friday 5:30- 7:00am

Tuesday/ Thursday 7:00- 8:00pm

No Fridays