

School Break Practice Schedule (December 22, 2023 - January 3, 2024)

Junior/Senior return to regular schedules on Thursday, January 5, 2024.

8 & U, Age Group and MS & HS Group return on Mon/Tues, Jan 8-9, 2024.

Novice returns later January and/or March 2024.

- **Novice Division**

- Fall Season ends November 9 for the 3:40pm, 4:30pm, 5:15pm groups.

- Fall Season ends December 16 for the 6:10pm group.

- Spring 2024 Season will begin Jan 29 or March 4 (depending on the day/time selected; will have the option to start on either Jan or March). Re-enrollment is required for swimmers participating in Fall 2023 Novice to be on an active roster in 2024.

- **8 & Under**

- no practice Monday, December 18, 2023 - January 7, 2024.

- return to practice on Mon, Jan 8 or Tue, Jan 9, 2024 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

- **Age Group Division**

- no practice Friday, December 15, 2024 - January 7, 2024.

- return to practice on Mon, Jan 8 or Tue, Jan 9, 2024 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

- **Senior Black:**

- Week of December 18:

- Monday-Thursday: Normal Schedule

- Friday: 6:30-9:00am Swim/1:30-3:30 Swim

- Saturday: 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Sunday: Off Christmas Eve

- Week of December 25:

- Monday: Off Christmas

- Tuesday/Thursday: 6:30-9:00am Swim and Core/1:30-3:30pm Swim

- *Tuesday 4:00pm Alumni Meet following practice

- Wednesday/Friday: 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Saturday: 7:00-9:00am Swim/1:30-3:30pm Swim

- Sunday: Off

- Week of January 1:

- Monday: 7:00-9:00am Swim/1:30-3:30pm Swim

- Wednesday: 6:30-9:00am Swim and Core/1:30-3:30pm Swim

- Tuesday: 6:00-9:00am Swim and Strength/1:30-3:30pm Swim

- Thursday- Resume Normal Schedule

- **Senior White 1:**

Week of December 18:

- Monday- Thursday: Normal Schedule
- Friday: 6:30-9:00am Swim/1:30-3:30pm Swim and Strength
- Saturday: 7:00-9:00 Swim/1:30-3:30 Swim
- Sunday: Off Christmas Eve

Week of December 25:

- Monday: Off Christmas
- Tuesday/Thursday: 7:00-9:15am Swim and Core
- **Tuesday- Alumni Meet 4pm
- Wednesday/Friday: 7-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Saturday: 7:00-9:00am Swim/1:30-3:30pm Swim
- Sunday: Off

Week of January 1:

- Monday/Wednesday: 7-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Tuesday: 7-9:15am Swim and Core
- Thursday- Resume Normal Schedule

- **Senior White 2:**

Week of December 18:

- Monday- Thursday: Normal Schedule
- Friday: 6:30-9:00am Swim/1:30-3:30pm Swim and Strength
- Saturday: 7:00-9:00 Swim/1:30-3:30 Swim
- Sunday: Off Christmas Eve

Week of December 25:

- Monday: Off Christmas
- Tuesday/Thursday: 7:00-9:15am Swim and Core
- **Tuesday- Alumni Meet 4pm
- Wednesday/Friday: 7-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Saturday: 7:00-9:00am Swim/1:30-3:30pm Swim
- Sunday: Off

Week of January 1:

- Monday/Wednesday: 7-9:00am Swim/ 1:30-3:30pm Swim and Strength
- Tuesday: 7-9:15am Swim and Core
- Thursday- Resume Normal Schedule

- **Senior Red 1:**

- Week of December 18:

- Monday-Thursday: Normal Schedule
 - Friday: 9:00-11:00am Swim
 - Saturday-Sunday: Off

- Week of December 25:

- Monday: Off
 - Tuesday/Thursday: 3:45-5:45pm Swim and Strength
 - Wednesday: 3:45-5:45pm Swim
 - Friday: 9:00-11:00am Swim
 - Saturday-Sunday: Off

- Week of January 1:

- Monday/Wednesday: 3:45-5:45pm Swim
 - Tuesday: 3:45-5:45pm Swim and Strength
 - Thursday: Resume School Schedule

- **Senior Red 2**

- Week of December 18:

- Monday-Thursday: Normal Schedule
 - Friday: 9:00-11:00am Swim
 - Saturday-Sunday: Off

- Week of December 25:

- Monday: Off
 - Tuesday/Thursday: 3:45-5:15pm Swim
 - Wednesday: 3:45-5:30pm Swim and Core
 - Friday: 9:00-11:00am Swim
 - Saturday-Sunday: Off

- Week of January 1:

- Monday/Wednesday: 3:45-5:30pm Swim and Core
 - Tuesday: 3:45-5:15pm Swim
 - Thursday: Resume School Schedule

- **Junior Black:**

- No practice December 25 & 26*

- Week of December 18:

- Monday -Thursday Normal Schedule:
 - Friday: Christmas Fun with Junior White 4-6:30pm
 - Saturday: 9-10:45am swim with Strength following.

- Week of December 25:

- Monday/Tuesday Off
 - Wed-Fri: 9-10:45am swim
 - Core: Th 10:55-11:10am
 - Strength: W/F 10:55-11:25am
 - Saturday 9-11 Swim only

Week of January 1:

- Monday Off
- Tuesday/Wednesday 9-10:45am swim
- Core: T/ 10:55-11:10am Strength: W 10:55-11:25am
- Thursday, January 4- resume regular schedule.

- **Junior White:**

No practice December 25 & 26

Week of December 18:

- Monday -Thursday Normal Schedule
- Friday: Christmas Fun with Junior Black 4-6:30pm
- Saturday 9-10:30 Swim Core/Strength 10:40-11am.

Week of December 25:

- Monday/Tuesday Off
- Wed-Fri: 4:15-5:45pm
- Core/Strength W/Th 4-4:15pm
- Saturday 9-10:30 Swim Core/Strength 10:40-11am.

Week of January 1:

- Monday Off
- Tuesday/Wednesday 4:15-5:45pm
- Wednesday Core/Strength 4-4:15pm
- Thursday, January 4- resume regular schedule.

- **Junior Red:** TBD