

School Break Practice Schedule (December 16-January 5)

All groups will return to regular school year schedule on Monday, January 6.

- **Senior Black:**

No practice, Wednesday December 25 and Wednesday January 1

Week of December 16

- Mon-Thursday: regular schedule [Move bulkhead Thursday at 3:30pm]
- Friday: 5-6:30am Swim/1-4pm Strength and Swim
- Saturday: 6:30-9:00am Swim and 2-4pm Swim

Week of December 23:

- Monday/Thursday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim and Core
- Tuesday: 6:30-9:15am Swim and Core
- Wednesday: Christmas- Off
- Friday: 6:30-9:15am Swim and Core / 1:30-4:00pm Core and Swim
- Saturday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim and 4pm Alumni Meet (Move Bulkhead at 1:30pm)
- Sunday: 1-3:15pm Swim and Core

Week of December 30:

- Monday/Thursday: 5:30-9:00am Swim and Strength/2:00-4:00pm Swim and Core
- Tuesday: 6:30-9:15am Swim and Core
- Wednesday: New Year's Day- Off
- Friday: 6:30-9:15am Swim and Core / 1:30-4:00pm Core and Swim
- Saturday: 5:30-9:00am Swim and Strength
- Sunday: Off

- **Senior White:**

No practice, Wednesday December 25 and Wednesday January 1

Week of December 16:

- Mon-Thurs: Regular Schedule
- Fri: 4-6:16pm Swim
- Saturday: 8-10:30am Swim/ 2-4pm Swim and Strength

Week of December 23:

- Monday: 8-10:30am Swim/ 2-4pm Swim and Strength
- Tuesday: 8-10:30am Swim
- Wednesday: Off- Christmas
- Thursday: 8-10:30am Swim/ 2-4pm Swim and Strength
- Friday: 8-10:30am Swim
- Saturday: 8-10:30am Swim/ 2-4pm Swim and Strength

Week of December 31:

- Monday: 8-10:30am Swim/ 2-4pm Swim and Strength
- Tuesday: 8-10:30am Swim
- Wednesday: Off- New Year's Day
- Thursday: 8-10:30am Swim/ 2-4pm Swim and Strength
- Friday: 8-10:30am Swim
- Saturday: 8-10:30am Swim/ 2-4pm Swim and Strength

- **Senior Red:**

No practice, Wednesday December 25 and Wednesday January 1

Can attend Junior White if you cannot attend mornings Week of Dec 23 & Dec 30

Week of December 16:

-Mon-Thursday: regular schedule

-Saturday: Alumni Meet, 4pm

Week of December 23:

-Monday: 4:15-6:00pm

-Tuesday: 10:30am-12:00pm

-Wednesday: Off- Christmas

-Thursday: 4:15-6:00pm

-Friday: 10:30am-12:00pm

-Saturday: 10:30am-12:00pm

Week of December 30:

-Monday: 4:15-6:00pm

-Tuesday: 10:30am-12:00pm

-Wednesday: Off- New Year's Day

-Thursday: 4:15-6:00pm

-Friday: 10:30am-12:00pm

-Saturday: 10:30am-12:00pm

- **Junior Black:**

No practice, Tuesday December 24, Wednesday December 25 and Wednesday January 1

Week of December 16: Regular schedule

Week of December 23:

-Tues/Wed: Off

-Mon/Thur/Fri/Sat: 9-11am swim

-Mon/Fri: Dryland, 8:30-9am [Mon outside & in the yoga room, Fri in the Weight room]

Week of December 30

-Mon/Tues/Thur/Fri/Sat: 9-11am swim

-Wednesday: off

-Tues/Fri Dryland, 8:30-9:00am [Both in the weight room]

- **Junior White:**

No practice, Tuesday December 24, Wednesday December 25 and Wednesday January 1

Week of December 16: Regular schedule, **except Sat, 10-11:15am**

Week of December 23:

-Tue/Wed- Off,

-Mon/Thur/Fri: 4:30-6:00pm

-Sat 10:00-11:15am

Week of December 30

-Mon/Thur/Fri: 4:30-6:00pm

-Tuesday: 10:15-11:30am (core on deck, then swim)

-Wednesday- Off

-Saturday: 9:30-11:00am

- **Junior Red:**

Week of December 16: regular schedule

Week of December 23:

-Tue/Wed- Off,
-Mon/Thur/Fr, 4:30-5:30

Week of December 30:

Tue/Wed- Off,
-Mon/Thur/Fr, 4:30-5:30

- **Senior Prep**

Week of December 16: 5:30-7:00pm, Mon-Thurs (no Friday)

Week of December 23:

-Monday: 4:15-6:00pm
-Tuesday/Wednesday: Off
-Thursday: 4:15-6:00pm
-Friday: 10:30am-12:00pm
-Saturday: 10:30am-12:00pm

Week of December 30:

-Monday: 4:15-6:00pm
-Tuesday: 10:30am-12:00pm
-Wednesday: Off- New Year's Day
-Thursday: 4:15-6:00pm
-Friday: 10:30am-12:00pm
-Saturday: 10:30am-12:00pm

- **8 & Under/ Age Group Division**

-no practice the week of December 16, December 23 or December 30.

-return to practice the week of January 6 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

For swimmers participating in the Crawfish Winter Invitational (Jan 11-12) and/or the TAQ Mardi Gras Meet (Jan 25-26):

8 & U and Age Group are on a practice break from December 16-January 5 (see Enews for full info, schedule) BUT swimmers signed up for the TAQ Mardi Gras meet will have some practice options during those 3 weeks:

Week of December 16: Mon-Thu, 4:30-5:20 for 8 & U and 5:30-6:45pm for A

Week of December 23 and Week of December 30:

- 4:30-5:20 for 8 & U and 4:30-5:45pm for AG -Mon/Thur/Fr
-Tue/Wed- no practice

- **Novice Division**

-Fall Season ends November 14 for the 3:40pm, 4:30pm, 5:15pm groups.

-Fall Season ends December 12 for the 6:00pm group.

-Spring Season begins late January to late February time frame (to be determined later in year)