

2019 Summer Practice Schedule (CA BR)

Junior/Senior Division Begins May 27

- **Senior Black**
 - Monday, Wednesday- 6:45 to 9AM Swim, 2:00-4:00PM Swim
 - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim
 - Friday- 6:45 to 9AM Swim (Black 1 only), 2:00-4:00PM Strength and Yoga
 - Saturday- 6:30-9AM Swim
 - *Core on Monday and Wednesday (1:40PM) and Yoga Friday*
- **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed/Fri, 2:00-4:00pm strength & swim (swim only on Friday)
 - Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)
- **Senior Red**
 - Mon/Wed/Fri, 4:15-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
- **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on deck, T/Th at 9:00am (swim after)
- **Junior White**
 - Mon/Wed- Swim- 6:00-7:15pm
 - Mon/Wed- 5:30-6:00pm drylands
 - Tues/Thurs- 5:00-6:30pm swim
 - Saturday- 9:45am abs on deck and 10:00-11:15am swim
- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm

8 & Under, Age Group, Senior Prep: Begins June 3

**no practice May 17-June 2 for 8 & U and Age Group (May dues are prorated to reflect partial month). Senior Prep will swim a full /regular schedule for the month of May.*

- **8 & Under**
 - 8:30-9:15am
 - 4:10-5:00pm
 - M/W, T/Th or Mon-Thurs
- **Age Group**
 - 9:15-10:30am
 - 5:00-6:15pm for Age Group 1 & 2
 - 6:15-7:30pm for Age Group 3 and Adv Age Group
 - enrollment is Mon-Thurs; no Fri/Sat in the summer
- **Senior Prep**
 - Monday-Thursday, 6:15-7:30pm
 - Fridays with Senior Red (4:30-6:00pm) **check Enews schedule weekly for Fridays*

Novice Summer Season: June 3-July 25

Enrollment options: 2 day, Mon/Wed or Tues/Thur

- Ages 4-8 yrs: 8:30am, 3:45pm, or 4:30pm
- Ages 8-9 yrs: 5:15-5:55pm
- Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm