

Summer 2021 Practice Schedule (effective May 31)

Facility guidelines: <http://www.crawfishaquatics.com/swim-team/covid-19>

- **Novice** (outdoor pool- Summer Season dates, June 7-July 29)
 - Mon/Wed or Tues/Thurs
 - Ages 4-8 Years: 8:30-9:10am, 9:20-10:00am; 3:40-4:20pm, 4:30-5:10pm
 - Ages 8-9 Years: 5:15-5:55pm
 - Ages 10-14 years: 6:00-7:00pm
- **8 & Under** (Summer practice schedule, June 7-July 29)
 - M/W, T/Th, Mon-Thurs
 - 8:30 - 9:20am (outdoor pool)
 - 4:00 - 4:50pm (indoor pool)
- **Age Group/ HS Prep Group** (Summer practice schedule, June 7-July 29)
 - M/W/F or T/Th/S. *The Fri/Sat practices can be changed out as needed!*
 - Mon-Thurs, 9:20-10:30am (Indoor Pool)
 - Mon-Thurs, 5:00-6:10pm (Indoor Pool) **AG 1 & 2 only at 5:00pm*
 - Mon-Thurs, 6:20-7:30pm (Indoor Pool) **AG 3/HS Prep only at 6:20pm*
 - Fri, 4:45-6:00pm (outdoor pool)
 - Sat, 9:15-10:30am (outdoor pool)
- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm
- **Junior White**
 - Mon-Thurs, 5:30-7:00pm
 - Fri, 9:15-10:45am
 - Sat, 8:45-10:15am
- **Junior Black**
 - Mon-Fri, 9:00-10:45am
 - Sat, 9:00-11:00am
- **Senior Prep**
 - Mon-Thurs, 6:20-7:30pm
 - Fri: 4:00-5:30pm
 - Sat: 10:15-11:45am
- **Senior Red**
 - Mon-Thurs, 3:45-5:15pm
 - Fri: 4:00-5:30pm
 - Sat: 10:15-11:45am
- **Senior White**
 - Mon/Wed- 7:00-8:45am Swim and 1:45-3:45pm Swim and Strength
 - Tue/Thurs, 7:00-9:15am Swim and Core
 - Fri, 2:00-4:00pm
 - Sat, 7:00-9:15am
- **Senior Black**
 - Mon/Wed, 6:45-9:00am / 1:30-3:30pm

- Tue/Thur 6:00-9:00am Swim and Strength
- Fri 6:45-9:00am (full Pool) / 1:30-3:30pm Strength
- Saturday, 6:30-9:00am