

Legend:

Practices PM (Novice, Junior, Intermediates, Seniors)

Practices AM

Dryland

Meets

May Practice 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NEW Novice and Junior ONLY for hour 1 (4:00-5:00 PM) N: 4:00-5:00 (400-415 Activation and 415-500 Swim) J: 3:45-5:00 (345-400 Activation and 400-500 Swim) BOTH New and returning Int. and Seniors for hour 2 (5:00-6:00 PM) I: 4:45-6:00 (445-500 Activation and 500-600 Swim) S: 4:45-6:00 (445-500 Activation and 500-600 Swim)	3	4	5	6 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	7 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:30
8 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	9 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	10	11	12	13 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	14 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:30
15 N: 4:00-5:00	16 N: 4:00-5:00	17	18	19	20 N: 4:00-5:00	21 N: 4:00-5:00

J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00				J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:30
22 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	23 HOLIDAY	24	25	26	27 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	28 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:30
29 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	30 N: 4:00-5:00 J: 3:45-5:00 I: 4:45-6:00 S: 4:45-6:00	31				

