

2021 SPRING: Teams Practice Grid**

SWIM - MONDAY-FRIDAY, 2 practices/week/group, alternating Fridays	
8 & Under	3:30-4:20pm
10 & Under, 12 & Under	4:20-5:10pm
14 & Under, Seniors	5:10-6pm
Speedy Sixers	4:30-5pm - MONDAYS & WEDNESDAYS
DIVE - TUESDAY/THURSDAY/FRIDAY, 1 practice/week/group, alternating Fridays	
11-14 yr olds	4:00-4:45pm
15 & older	4:45-5:30pm
10 & Under	5:30-6pm
TENNIS - MONDAY-THURSDAY, 2 practices/week/group	
7-9 year olds	4:00-5:00pm - Lower courts
10-12 year olds	4:00-5:00pm - Upper courts
13-18 year olds	5:00-6:00pm - All courts

Dive tank

**Schedule subject to change

All teams will be split into an A or B group for practices

SWIM: Practices start 5/10

*10 minute transition

*40 minutes in water

DIVE: Practices start 5/25

*10 minute transition

*35 minutes in water

TENNIS: Practices start 5/24

*10 minute transition

*50 minutes on court