

2021 SPRING: Teams Practice Grid***revised 5/21/2021*

SWIM - MONDAY-FRIDAY, 2 practices/week/group, alternating Fridays	
8 & Under and 10 & Under	3:30-4:20pm
12 & Under	4:20-5:10pm
14 & Under , Seniors	5:10-6pm
Speedy Sixers	4:30-5pm - MONDAYS & WEDNESDAYS (begins 5/24)
DIVE - TUESDAY/THURSDAY/FRIDAY, 1 practice/week/group, alternating Fridays	
10-12 year olds	4:00-4:45pm
13 & Over	4:45-5:30pm
9 & Under	5:30-6pm
TENNIS - MONDAY-THURSDAY, 2 practices/week/group	
8 & Under, 10 & Under	3:30-4:20pm
12 & Under	5:10-6:00pm
14 & Under, 15 & Over	4:20-5:10pm

Dive tank

**Schedule subject to change

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

SWIM: Practices start 5/10

*50 minutes in water

DIVE: Practices start 5/25

*45 minutes in water

**30 min for 9&U

TENNIS: Practices start 5/24

*50 minutes on court