

**2021 SPRING: Teams Practice Grid\*\***

<b>SWIM - MONDAY-FRIDAY, 2 practices/week/group, alternating Fridays</b>	
8 & Under, 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 - Dive Tank
<b>DIVE - TUESDAY/THURSDAY/FRIDAY, 1 practice/week/group, alternating Fridays</b>	
11-14 yr olds	4:00-4:45pm
15 & older	4:45-5:30pm
10 & Under	5:30-6pm
<b>TENNIS - MONDAY-THURSDAY, 2 practices/week/group</b>	
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

\*\*Schedule subject to change (Revised 5/4/2021)

**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

Speedy Sixers (SS team) Practices start 5/24

DIVE: Practices start 5/25

\*10 minute transition

\*35 minutes in water

TENNIS: Practices start 5/24

\*10 minute transition

\*50 minutes on court