

# Arbor Heights Team Practices Summer Schedule

Swim Team
Tennis Team
Dive Team

	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30
Seniors																															
14 & U																															
12 & U																															
10 & U																															
8 & U																															
6 & U (SS)																		M, W, F - Speedy Sixers													

1:30 Pool Opening: OPEN SWIM

SWIM	
Seniors	7:15-8:15am
14&U	9:15-10:15am
12&U	8:15-9:15am
10&U	11:00am-11:45pm
8&U	10:15-11:00am
6 & U (SS)	10:15-11:00am

DIVE	
Senior	9:15-10:15am
14&U	8:15-9:15am
12&U	7:15-8:15am
10&U	10:15-11:00am
8&U	11:00am-11:45pm

TENNIS	
Senior	8:15-9:15am
14&U	10:15-11:15am
12&U	9:15-10:15am
10&U	12:45-1:30pm
8&U	12:00-12:45pm

Speedy Sixers - M.W.F. Only

(rev. 6.15.2021)