

Practice Schedule - Summer Programming July 5 - August 15th															
Program	Pool Location	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
Development	SSLC									6:30 - 7:30pm		6:15 - 7:15pm			
Competitive	SSLC	7:30 - 9:00pm		5:00 - 7:00pm				7:30 - 9:00pm		7:30 - 9:00pm		7:30 - 9:00pm			
Development (9U, 11U & 13U)	2x/ Week	2hr		*July 6th & 13th will be 3:30-5:00pm*											
Competitive (15U, 17U & 19U)	5x/ Week	8 hr													