



## 2023 SWIM TEAM PRACTICE SCHEDULE

### Monday & Wednesday Evenings: starting June 19

<b>Ages 6 &amp; unders/Pre-Swim</b>	<b>6:00 - 6:30 PM</b>
<b>Ages 7 - 8</b>	<b>6:00 - 6:45 PM</b>
<b>Ages 9 - 10</b>	<b>6:00 - 7:00 PM</b>
<b>Ages 11 &amp; Ups (include Seahorses)</b>	<b>7:00 - 8:00 PM</b>

### Regular Monday thru Thursday Mornings: Starting June 26 (No July 4th Tuesday Practice)

<b>Seahorses and Practice</b>	<b>7:00 - 8:45 AM</b>
<b>Ages 11 and Ups Who are NOT in Seahorses</b>	<b>8:30 - 9:45 AM</b> (first 15 minutes at tank)
<b>Ages 9 - 10s</b>	<b>9:30 - 10:30 AM</b> (first 15 minutes at tank)
<b>Ages 7 - 8s</b>	<b>10:15 - 10:55 AM</b> (first 15 minutes at tank)
<b>Ages 6 &amp; Unders / Pre-Swim</b>	<b>10:25 - 10:55 AM</b>

### Fun Fridays, June 30, July 30, 7,14,21,28

<b>Seahorses</b>	<b>9:00 - 10:00 AM</b>
<b>Ages 11 &amp; Ups</b>	<b>10:00 - 11:00 AM</b>
<b>Ages 10 &amp; Under</b>	<b>11:00 - 12:00 PM</b>

### Saturday Mornings: Starting June 24

<b>Seahorses Only</b>	<b>8:30 - 10:30 AM</b>
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