



## 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 - 12 (** age 12 seahorse swimmers can come if this time works better for you)</b>	<b>7:00 - 8:00 PM</b>
<b>All 13 &amp; Ups (All Seahorses)</b>	<b>8:00 - 9:00 PM</b>

### **Regular Monday thru Thursday Mornings: Starting June 20 (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 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>
-----------------------	------------------------