

High School Swim Practice Schedule

Location: South County Pool

Practices are REQUIRED

July

29	South County Pool		7:00-9:30 AM	Swimmers
30	South County Pool		7:00-9:30 AM	Swimmers
31	South County Pool		7:00-9:30 AM	Swimmers

August

1	South County Pool	7:00-9:30 AM	3:00-5:00 PM	Swimmers
2	South County Pool	7:00-9:30 AM	3:00-5:00 PM	Swimmers
3	South County Pool		7:00-9:30 AM	Swimmers
4	Sunday No Practice			
5	South County Pool		3:00-5:00 PM	Swimmers
6	South County Pool	6:00-7:30 AM	3:00-5:00 PM	Swimmers
7	South County Pool		3:00-5:00 PM	Swimmers
8	South County Pool	6:00-7:30 AM	3:00-5:00 PM	Swimmers
9	South County Pool		2:30-5:00 PM	Swimmers
10	South County Pool		7:00-9:30 AM	Swimmers
11	Sunday No Practice			
12	Monday	Back to School	2:40-5:00 PM	Swimmers

Start of the regular practice schedule for the school year

Starting on August 13

See Below

Monday	5:00-6:20 AM Swim	2:40-5:00 PM Swim
Tuesday	Off	2:40-4:40 PM Swim/Dryland 4:40-5:15 pm
Wednesday	5:20-6:20 AM Weights	2:40-5:00 PM Swim
Thursday	Off	2:40-4:40 PM Swim/Dryland 4:40-5:15 pm
Friday	5:00-6:20 AM Swim	2:40-5:00 PM Swim
Saturday	7:00-9:30 AM Swim	9:30-10:30 AM Weights
Sunday	No Practice	

Important Dates to Remember

Time

August 29	No after school Practice-Practice will be in the Morning on this date	
August 30	No school for students	2:40-5:00 PM Swim
September 2	Labor Day	No Practice
October 18	No school for students	2:30-5:00 PM Swim