

2020 Summer Practice Schedule

June 22-August 21

UPDATED 7/14

PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGE

DL = Dry Lands

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Maia	No Maias this	Summer	xxx	xxx	xxx	xxx
Nautilus	xxx	Zoom DL ONLY 5:15-6:00p	Swim 6:05-6:50p	Zoom DL ONLY 11:00-11:45a	Swim 4:55-5:45p	9:00-9:45a
Neptune	Swim 4:55-5:45p	Zoom DL ONLY 5:15-6:00p	Swim 6:05-6:50p	Zoom DL ONLY 11:00-11:45a	Swim 4:55-5:45p	xxx
Junior	Swim 4:55-5:45p	Zoom DL ONLY 5:15-6:00p	Swim 6:05-6:50p	Zoom DL ONLY 11:00-11:45a	Swim 4:55-5:45p	xxx
P90	Zoom DL 9:00-10:00a Swim 5:55-7:05p	Zoom DL ONLY 5:15-6:00p	Swim 7:00-7:50p	Zoom DL ONLY 11:00-11:45a	Zoom DL 9:00-10:00a Swim 5:55-7:05p	xxx
P105	Zoom DL ONLY 9:00-10:00a	Swim 6:25-7:50p	Swim 4:55-5:55p	Swim 6:25-7:50p	Zoom DL ONLY 9:00-10:00a	xxx
P120	Zoom DL ONLY 9:00-10:00a	Swim 6:25-7:50p	Swim 4:55-5:55p	Swim 6:25-7:50p	Zoom DL ONLY 9:00-10:00a	xxx

- Zoom Dry Land link details will be emailed.
- Zoom Dry lands are open to any swimmers. Please keep in mind the following
 - Tuesday/Thursday Zoom Dry Lands are geared more towards 12/unders.
 - Monday/Friday Zoom Dry Lands is geared more towards 12/overs.