

## 2024-25 Fall-Winter Practice Schedule

**September 12th- February 29th**

*Please note subject to change regarding meets/holidays/high school functions/etc.*

Developmental - Pick Monday-Wednesday-Friday Schedule

Pick Tuesday- Wednesday- Friday Schedule

Pick Wednesday-Thursday-Friday Schedule

Day	In-Water	Location
<b>Monday</b>	4:15-5:15 PM	The Marsh
<b>Tuesday</b>	4:15-5:15 PM	The Marsh
<b>Wednesday</b>	5:15-7:00 PM	MME
<b>Thursday</b>	4:15-5:15 PM	The Marsh
<b>Friday</b>	5:15-6:00 PM	MME
<b>Saturday</b>		

White- Pick Monday-Wednesday-Friday Schedule

Pick Tuesday- Wednesday- Friday Schedule

Pick Wednesday-Thursday-Friday Schedule

Day	Dryland	In-Water	Location
<b>Monday</b>		5:15-6:15 PM	The Marsh
<b>Tuesday</b>		5:15-6:15 PM	The Marsh
<b>Wednesday</b>		5:15-7:00 PM	MME
<b>Thursday</b>		5:15-6:15 PM	The Marsh
<b>Friday</b>		5:15-6:00 PM	MME
<b>Saturday</b>			

Blue

Day	Dryland	In-Water	Location
<b>Monday</b>		4:45-6:00 PM	MMW
<b>Tuesday</b>		4:45-6:00 PM	MMW
<b>Wednesday</b>		4:45-6:00 PM	MMW
<b>Thursday</b>		4:45-6:00 PM	MMW
<b>Friday</b>		6:00-7:00 PM	MME
<b>Saturday</b>	8:15-8:30 AM	8:30 to 9:30 AM	MMW

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Black

Day	Dryland	In-Water	Location
<b>Monday</b>	5:45-6:00 PM	6:00-7:15 PM	MMW
<b>Tuesday</b>	5:45-6:00 PM	6:00-7:15 PM	MMW
<b>Wednesday</b>	5:45-6:00 PM	6:00-7:15 PM	MMW
<b>Thursday</b>	5:45-6:00 PM	6:00-7:15 PM	MMW
<b>Friday</b>		7:00-8:15 PM	MME
<b>Saturday</b>		7:00-8:15 AM	MMW

Black Plus

Day	Dryland	In-Water	Location
<b>Monday</b>	7:00-7:15 PM	7:15-8:30 PM	MMW
<b>Tuesday</b>	7:00-7:15 PM	7:15-8:30 PM	MMW
<b>Wednesday</b>	7:00-7:15 PM	7:15-8:30 PM	MMW
<b>Thursday</b>	7:00-7:15 PM	7:15-8:30 PM	MMW
<b>Friday</b>		7:00-8:15 PM	MME
<b>Saturday</b>		7:00-8:15 AM	MMW

Junior Prep

Day	Dryland	In-Water	Location
<b>Monday</b>		7:15-8:45 PM	MME
<b>Tuesday</b>		7:15-8:45 PM	MME
<b>Wednesday</b>			
<b>Thursday</b>		7:15-8:45 PM	MME
<b>Friday</b>		7:00-8:30 PM	MMW
<b>Saturday</b>		10:45-12:00 PM	MME

Junior

Day	Dryland	In-Water	Location
<b>Monday</b>	6:30-7:00 PM	7:00-8:45 PM	MME
<b>Tuesday</b>	6:30-7:00 PM	7:00-8:45 PM	MME
<b>Wednesday</b>		6:45-8:00 AM	MMW
<b>Thursday</b>	6:30-7:00 PM	7:00-8:45 PM	MME
<b>Friday</b>		6:30-8:30 PM	MMW
<b>Saturday</b>	10:30-10:45 AM	10:45-12:00 PM	MME

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Senior

Day	Dryland	In-Water	Location
<b>Monday</b>	6:30-7:00 PM	7:00-8:45 PM	MME
<b>Tuesday</b>		7:00-8:45 PM	MME
<b>Wednesday</b>		7:00-8:45 PM	MME
<b>Thursday</b>		7:00-8:45 PM	MME
<b>Friday</b>		4:30-6:30 PM	MMW
<b>Saturday</b>	8:30-9:00 AM	9:00 to 10:45 AM	MME

Senior Plus

Day	Dryland	In-Water	Location
<b>Monday</b>	4:45-5:15 PM	5:15-7:00 PM	MME
<b>Tuesday</b>		5:15-7:00 PM	MME
<b>Wednesday</b>	3:30-4:00 PM	4:15-6:00 PM	MMW
<b>Thursday</b>		5:15-7:00 PM	MME
<b>Friday</b>		4:30-6:30 PM	MMW
<b>Saturday</b>	8:30-9:00 AM	9:00 to 10:45 AM	MME

Senior Elite

Day	Dryland	In-Water	Location
<b>Monday</b>	4:45-5:15 PM	5:15-7:00 PM	MME
<b>Tuesday AM</b>		6:00-7:00 AM	MME
<b>Tuesday</b>		5:15-7:00 PM	MME
<b>Wednesday</b>	3:30-4:00 PM	4:15-6:00 PM	MMW
<b>Thursday</b>	4:45-5:15 PM	5:15-7:00 PM	MME
<b>Friday AM</b>		6:00-7:00 AM	MME
<b>Friday</b>		4:30-6:30 PM	MMW
<b>Saturday</b>	8:30-9:00 AM	9:00- 10:45 AM	MME