

## 2024 Spring Practice Schedule

**April 15 2024, to June 8, 2024**

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

### Developmental

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>	4:15-5:15 PM	The Marsh
<b>Thursday</b>	4:15-5:15 PM	The Marsh
<b>Friday</b>	4:30-5:30PM	MME
<b>Saturday</b>		

### White

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>		5:15-6:15 PM	The Marsh
<b>Thursday</b>		5:15-6:15 PM	The Marsh
<b>Friday</b>		4:30-5:30PM	MME
<b>Saturday</b>			

### Blue

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

### Black 9-10

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

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Black 11-12

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

Junior

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>	6:30-7:00 PM	7:00-8:45 PM	MME
<b>Thursday</b>		7:00-8:45 PM	MME
<b>Friday</b>		7:15-8:30 PM	MMW
<b>Saturday</b>	10:30-10:45 AM	10:45-12:00 PM	MME

Senior

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

Senior +

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

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Senior Elite

Day	Dryland	In-Water	Location
Monday	3:45-4:15 PM	4:15-6:00 PM	MME
Tuesday AM (TBD)			MME
Tuesday	3:45-4:15 PM	4:15-6:00 PM	MME
Wednesday	3:45-4:15 PM	4:15-6:00 PM	MME
Thursday AM (TBD)			MME
Thursday	3:45-4:15 PM	4:15-6:00 PM	MME
Friday		4:30-6:00 PM	MMW
Saturday	6:45-7:15 AM	7:15-9:00 AM	MME

