

Practice Information: Adams High School
808 S. Twyckenham Dr.
South Bend, IN 46615

<u>Days</u>	<u>Times</u>
Monday	6:30—8:30 pm
Wednesday	6:30—8:30 pm

Please note: Times may change in early November due to the start of high school swim season and needing to adjust to their schedule. Please watch for announcements of the official time change and when those changes will take affect (approximately 7:15-8:30).

There are a few important reminders about the practices at Adams High School:

- The entrance door into the school remains locked throughout the day and evening. The coaches will make every effort to have the door unlocked at least 15 minutes prior to the starting time, and again towards the end of practice.
- We are guests of the facility. Please remember to treat it with respect. Also, we have been instructed not to use any other parts of the building or to go wandering through the hallways.
- Upon entering the school, go directly to the pool area.
- During the season, the start of our practices will coincide with the end of the high school practices. Please be respectful of their team and remain quiet when waiting for our practice to begin.
- Entering and exiting the locker rooms should only be done through the doors inside the pool area. The locker room doors that lead directly to the hallway should not be used and should remain locked at all times.
- There is a phone located on the pool deck. It should be used for emergency situations and the phone number is 283-7691.

Directions: You must enter through Door 8. This door faces Mishawaka Ave. and is near the southeast corner of the building. This door also has Natatorium written above it. Once inside, the pool entrance will be directly ahead (30 feet). *Please enter the locker rooms via the doors inside the pool area.*