



STINGRAYS PRACTICE TIMES

(Subject to change)

FALL / WINTER

Sunday <i>(starting September 18)</i>	5:00 – 7:00 p.m.	9 & Older Swimmers
Monday <i>(starting week of September 12)</i>	6:30 – 8:30 p.m.* @ Adams High School	All Swimmers <i>(8 & U practice from 6:30 – 7:30 p.m.)</i>
Tuesday	4:45 – 6:00 p.m. 6:00 – 6:45 Dryland 6:45 – 8:30 p.m.	8 & Under 11& Older Swimmers 9 & Older Swimmers
Wednesday <i>(starting week of September 12)</i>	6:30 – 8:30 p.m.* @ Adams High School	All Swimmers <i>(8 & U practice from 6:30 – 7:30 p.m.)</i>
Thursday	4:45 – 6:00 p.m. 6:00 – 6:45 Dryland 6:45 – 8:30 p.m.	8 & Under I 11& Older Swimmers 9 & Older Swimmers
Friday	4:00 – 5:30 p.m.	All Swimmers <i>8&U from 4:00 – 5:00 p.m.</i>
Saturday <i>(Unless there is a swim meet.)</i>	7:00 – 8:55 a.m.	All Swimmers <i>(8 & U practice from 7:00 – 8:00 a.m.)</i>

**Time subject to change based on the high school swim team schedule (beginning mid-October)*