



2019 LONG COURSE PRACTICE SCHEDULE

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| MONDAY | BLUE group | 5:15pm-7:00pm | @ South |
| | GOLD group | 5:15pm-7:00pm | @ South |
| TUESDAY | WHITE group | 5:00pm-6:30pm | @ NW YMCA |
| | GOLD group | 7:00pm-8:45pm | @ South |
| WEDNESDAY | BLUE group | 5:15pm-7:00pm | @ South |
| | GOLD group | 5:15pm-7:00pm | @ South |
| THURSDAY | WHITE group | 5:00pm-6:30pm | @ NW YMCA |
| | BLUE group | 7:00pm-8:45pm | @ South |
| FRIDAY | GOLD group | 3:00pm-5:00pm | @ South |
| | BLUE group | 4:30pm-6:00pm | @ South |
| SATURDAY | 8:00am-9:00am | WHITE group | @ Edgewood |
| | 9:00am-10:00am | GOLD group | @ Edgewood |
| | 2:00pm-4:00pm | BLUE group | @ South |
| | 2:00pm-4:00pm | GOLD group | @ South |
| SUNDAY | 2:00pm-5:00pm | All Groups Swim Camp | @ TBD |