



2019 LONG COURSE PRACTICE SCHEDULE

through May 24, 2019

(NO SWIM PRACTICE on Memorial Day Weeknd -
Saturday, Sunday or Monday, May 25-27)

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	BLUE group	2:00pm-4:00pm	@ South
	GOLD group	2:00pm-4:00pm	@ South
SUNDAY	ALL GROUPS SWIM CAMP	3:30pm-6:30pm	@ South