



2019 LONG COURSE SUMMER PRACTICE SCHEDULE

May 28 - August 2, 2019

(NO SWIM PRACTICE on Memorial Day 5/27/19)

MONDAY	GOLD group	2:00pm-4:00pm	@ South
	BLUE group	3:00pm-5:00pm	@ South
TUESDAY	GOLD group	1:00pm-3:00pm	@ South
	WHITE group	6:00pm-7:30pm	@ NW YMCA
WEDNESDAY	GOLD group	2:00pm-4:00pm	@ South
	BLUE group	3:00pm-5:00pm	@ South
THURSDAY	BLUE group	1:00pm-3:00pm	@ South
	WHITE group	6:00pm-7:30pm	@ NW YMCA
FRIDAY	GOLD group	2:00pm-4:00pm	@ South
	BLUE group	3:30pm-5:00pm	@ South
SATURDAY	BLUE group	2:00pm-4:00pm	@ South
	GOLD group	2:00pm-4:00pm	@ South
	WHITE group	4:00pm-5:00pm	@ South
SUNDAY	ALL GROUPS SWIM CAMP	3:30pm-6:30pm	@ South