

## **SWIM PRACTICE:**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
NO practice	7:30 – 8:15 AM 6 & under	7:15 – 8:00 AM ALL 8 and under	NO practice	7:15 – 8:15 AM 9 & 10	7:15 – 8:00 AM ALL ages practice
NO practice	8:00 – 9:00 AM 7 & 8 YO	8:00 – 8:45 AM 9 & 10	NO practice	8:00 – 9:15 AM 11 & up	8:00 – 9:00 AM Friday Funday
NO practice	NO practice	8:30 – 9:30 AM 11 & up	NO practice	NO practice	NO practice
6:00 – 6:45 PM ALL 8 and under	5:15 – 6:00 PM ALL 8 and under	SWIM MEET	6:45 – 7:30 PM 6 & under	6:45 – 7:30 PM 6 & under	NO practice
6:30 – 7:30 PM 9 & 10 YO	6:00 – 7:00 PM 9 & 10 YO	SWIM MEET	7:15 – 8:15 PM 7-8 YO	7:15 – 8:15 PM 7 & 8 YO	NO practice
7:15 – 8:15 PM 11 & up	7:00 – 8:15 PM 11 & up	SWIM MEET	NO practice		NO practice

- **Tuesday Mornings:**
  - Will consist of working on stroke and turn, starts, dives, and finishes since there is usually a meet on Tuesday nights
- **Wednesday and Thursday Nights:**
  - The first 15 minutes of practice will be on land – stretching and doing other land activities with coaches
- **Anytime there is an overlap of 15 minutes:**
  - The first 15 minutes of practice will be on land – stretching and doing other land activities with coaches

## **SWIM MEET SCHEDULE:**

Red = Home Meet

<b>June 1<sup>st</sup></b>	<b>June 10<sup>th</sup></b>	<b>June 15<sup>th</sup></b>	<b>June 22<sup>nd</sup></b>	<b>June 29<sup>th</sup></b>	<b>July 13<sup>th</sup></b>	<b>July 20<sup>th</sup></b>	<b>July 24-25<sup>th</sup></b>
Mock Meet @ Pine Tree Country Club	@ Homewood Parks and Rec	Vestavia Country Club @ Pinetree Country Club	@ Mountain Brook Country Club	Inverness Country Club and Old Overton @ Pine Tree Country Club	Shades Cliff Swim Team @ Pine Tree Country Club	@ Country Club of Birmingham	Senior County – must qualify with times and attend 3 regular season meets @ Birmingham Crossplex