

## Regular Practice Schedule

### Learn to Dive

Monday: 5:00 – 6:15

Wednesday: 5:00 – 6:15

### Junior Elite

Monday – Thursday: 5:00 – 7:00

### High School Prep

Monday – Thursday: 5:00 – 7:00

### Junior Olympic Squad

Monday – Friday: 5:00 – 8:00

Saturday: 8:00 – 11:00