

# Regular Practice Schedule

January 2023

## Learn to Dive

Monday: 4:30 – 5:45

Wednesday: 4:30 – 5:45

## High School Prep

Tuesday: 4:30 – 6:30

Thursday: 4:30 – 6:30

## Junior Elite

Monday – Thursday: 5:00 – 7:00

## Junior Olympic Squad

Monday – Friday: 5:00 – 8:00

Saturday: 9:30 – 11:30