

Regular Practice Schedule

January 2023

Learn to Dive

Monday: 4:30 – 5:45

Wednesday: 4:30 – 5:45

Learn to Dive Plus 4:30 – 6:15

High School Prep

Tuesday: 4:30 – 6:30

Thursday: 4:30 – 6:30

Junior Elite

Monday – Thursday: 5:00 – 7:00

Jr Elite Plus

Monday & Wednesday 5:00 – 7:00

Tuesday & Thursday 5:00 – 7:30

Junior Olympic Squad

Monday – Thursday: 5:00 – 8:00

Friday: 5:00 – 7:30

Saturday: 10:00 – 12:00