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**Manta Ray Practice Times**

**Early Bird: any age (must be able to swim on their own)**

Monday – Friday 7:00am – 7:30am

**13 & Overs and Younger Advanced Swimmers**

Monday – Friday 7:30am - 8:45am

\*Dry Land\*

Mon/Tues/Thurs/Fri

8:45am – 9:20am

**9-10’s and 11-12’s**

Monday – Friday 8:45 am – 9:30am

**8 and Under**

Monday – Friday 9:30am – 10:00am

**Mini Rays**

Monday – Friday 10:00am – 10:30am