

# Regular Practice Schedule

2024-2025

## Learn to Dive

Monday: 4:30 – 5:45

Wednesday: 4:30 – 5:45

Friday: 4:30 – 5:45

Learn to Dive Plus 4:30 – 6:15

## High School Prep

Tuesday: 5:00 – 7:00

Thursday: 5:00 – 7:00

## 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