

2016-17 Swimming
Wolves Practice Schedule

Monday

Red/Gold – swim 3:40-5:30PM

Tuesday

Red- ONLY swim 3:40-5:30PM

Wednesday

Red – swim 6:00-7:30AM and 3:40-4:30PM

Gold –Dry Land/Swim 4:00-5:30

Thursday

Red/Gold swim 3:40-5:30PM

Friday

Red – 6:00-7:30am swim

Swimmers need to come prepared for dry land and/or swimming workouts.

AM practice 6:00-7:30

PM practice 3:40-5:30

Holidays

Thanksgiving - Red Only

Monday – 9:00-11:00am

Tuesday – 9:00-11:00am

Wednesday - 9:00-11:00am

Thursday - off

Friday – 9:00-11:00am

Winter Holiday – Red Only

December 19, 2016: 9:00-11:00am

December 20, 2016: 9:00-11:00am

December 21, 2016: 9:00-11:00am

December 22, 2016: 9:00-11:00am

December 23-26 2016 -off

December 27-30, 2016: 9:00-11:00am

Off January 1st for Cave Spring Polar Plunge.

January 2-3, 2017: 9:00-11:00am

MLK – 9:00-11:00am