



# PRACTICE SCHEDULES

## HAMMERHEADS | USA

→ Schedules are subject to change.

	Monday	Tuesday	Wednesday	Thursday
<b>Beginner</b>	4:15 – 5:15	5:15 – 6:15	4:15 – 5:15	5:15 – 6:15
<b>Intermediate</b>	5:00 – 6:15	4:15 – 5:30	5:00 – 6:15	4:15 – 5:30
<b>Advanced**</b>	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00

\*\*Sunday practice 9 – 10 am for USA advanced swimmers

- USA swimmers are expected to be at each scheduled practice.
- If a personal matter arises, please see the USA Head Coach.

## HAMMERHEADS | LEAGUE

	Monday	Tuesday	Wednesday	Thursday
<b>Beginner</b>	4:15 – 5:00	5:15 – 6:00	4:15 – 5:00	5:15 – 6:00
<b>Intermediate</b>	5:00 – 6:00	4:15 – 5:15	5:00 – 6:00	4:15 – 5:15
<b>Advanced</b>	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30

Beginner swimmers may choose any 2 practices\* per week.

Intermediate swimmers may choose any 3 practices\* per week.

Advanced swimmers swim 4 practices\* per week.

\*As a reminder, we ask that all swimmers remain open-minded and trust their coaches when corrections are given. Swimmers should always use proper lap etiquette, circle swimming. When passing a swimmer, please do so in a safe manner.

\* Arrive 10 minutes before the swimmer's scheduled time. Please put all belongings away in an orderly fashion (Family Locker Room) and remain in the Wet-Lounge until your practice time.

\* We ask that all swimmers under the age of **13** have a parent/guardian with them at all times in case of an emergency. Please inform the coach(es) of the parent/guardian's whereabouts if they decide to not sit in the Wet-Lounge during the child's scheduled practice time.