

Our Pool time is limited, Remind your swimmer to hustle getting changed and into the pool. The more time Coaches have to work with your swimmer, the more they will improve!!

Attending at least 1 practice a week is required.

-Practice times are as follows:

Monday – No practice

Tuesday

- 4-5pm 11 and older
- 5-6pm 10 and under

Wednesday – No practice

Thursday

- 4-5pm 11 and older
- 5-6pm 10 and under

Friday

- 4-5pm 11 and older
- 5-6pm 10 and under