



# Woodcrest Swim & Dive Teams Practice Schedules 2016

## Swim Practice

**May 31 – June 17, 2016**

**Monday to Friday**

12 and Up:	3:50 pm -5:10 pm
11 and Under:	5:10 pm – 6:10 pm
Training Squad:	5:40 pm – 6:10 pm

**June 20 – July 29, 2016**

**Monday to Friday**

11 and Up:	8:00 am to 9:45 am
9 – 10:	9:30 am to 10:45 am
8 and Under:	10:30 am to 11:30 am
Training Squad:	10:30 am to 11:15 am
PM Camper (M-Fri):	5:30 pm to 6:30 pm

\*Please note: The PM Camper practices are only offered to swimmers who attend a day camp. All swimmers should attend their age group practice time

**Practice schedule for Tricounty week for those swimmers involved is TBD.**

## Dive Practice 2016

**May 31 – July 20, 2016**

**Monday – Friday**

**5:30 – 7:00 PM**

Other times may be added during season at discretion of coaches.