



Summit Seals Swim Team Practice Schedule 2019 Season

(NOTE: Practice times listed below begin on Monday, June 10)

PLEASE BE ON TIME

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	Age Group	Age Group	Age Group	Age Group	Age Group
2:00to3:30	13 & Up	13 & Up	13 & Up	13 & Up	13 & Up
3:30to4:15	6 & Under	6 & Under	6 & Under	6 & Under	6 & Under
4:00to5:00	7 & 8	7 & 8	7 & 8	7 & 8	7 & 8
4:45to6:00	9 - 12	9 - 12	9 - 12	9 - 12	9 - 12

* Practice times may vary depending on age distribution of team; changes will be posted.

Your child does NOT receive private lessons during practice, but will receive group instruction on flip turns, stroke improvement, diving technique, etc.