

## Practice Changes

Attention all A-3/T-1/T-2 & Friday A-2 swimmers. Great News!!! We will be able to start our Monday, Wednesday, and Friday PM practices earlier due to CCDS schedule adjustment.

### STARTING THE WEEK OF JUNE 18<sup>TH</sup> :

| <u>Monday:</u>        | <u>Flex.</u> | <u>water</u> | <u>Run/DL</u>     |
|-----------------------|--------------|--------------|-------------------|
| T-2                   | 3:45-4:00 pm | 4:00-5:45 pm | 5:45-6:15 pm      |
| T-1                   | 5:15-5:45 pm | 5:45-7:15 pm | ---               |
| A-3                   | 5:15-5:45 pm | 5:45-7:15 pm | ---               |
| <br><u>Wednesday:</u> |              |              |                   |
| T-2                   | 3:45-4:00 pm | 4:00-5:45 pm | 5:45-6:15 pm      |
| T-1                   | 3:45-4:00 pm | 4:00-5:45 pm | 5:45-6:15 pm Opt. |
| A-3                   | 5:15-5:45 pm | 5:45-7:15 pm | ---               |
| <br><u>Friday:</u>    |              |              |                   |
| T-2                   | 3:45-4:15 pm | 4:15-6:00 pm | ---               |
| T-1                   | 3:45-4:15 pm | 4:15-5:45 pm | ---               |
| A-3                   | 5:30-6:00 pm | 5:45-7:30 pm | ---               |
| A-2                   | 5:30-6:00 pm | 6:00-7:30 pm | ---               |

GO HAWKS!!!