



**Senior and National Groups
Practice Schedule 2023 - 2024**

Senior Prep

M, T, W, F	Greene Middle School	5:30 - 7:30 pm
Thursday	JLS Middle School	5:30 - 7:30 pm

Senior 1

Monday - Friday	Avery Aquatic Center	5:15 - 7:30 pm
Tuesday / Thursday	Avery Aquatic Center	6 - 7:30 am
Saturday	Avery Aquatic Center	9 am – 12 pm

Senior 2

Monday - Friday	Avery Aquatic Center	5 – 8 pm
Tuesday / Thursday	Avery Aquatic Center	6 - 7:30 am
Saturday	Avery Aquatic Center	10 am – 1 pm

Senior 3

Monday - Friday	Avery Aquatic Center	5 – 8 pm
Tuesday / Thursday	Avery Aquatic Center	6 - 7:30 am
Saturday	Avery Aquatic Center	10 am – 1 pm

National

Monday - Friday	Avery Aquatic Center	5 – 8 pm
Monday / Tuesday / Thursday	Avery Aquatic Center	6 - 7:30 am
Saturday	Avery Aquatic Center	10 am – 1 pm