

FH SHARKS SWIM PRACTICE SCHEDULE

Pre-Season Practice Times

Tuesday, May 29, Wednesday, May 30 and Thursday, May 31

13 – over Group: 3 – 4pm

12 and under: 4- 4:45 pm or 4:45 – 5:30pm

Regular Season Practice Begins Friday, June 1

Monday- Thursday*

13- over Group: 7:15-8:30am

11-12 Age Group: 8:30-9:30am

9-10 Age Group: 9:15-10:15am
(stretching/meeting first 10- 15 minutes)

8 under: 10-10:45am
(stretching/meeting first 10-15 minutes)

***Friday practices will consist of 2 practice groups.**

Ages 11 and up: 9- 10 am

Ages 9 and under: 10-10:45 am