

## 2023-2024 CFYN TIGERSHARKS PRACTICE SCHEDULE (Begins 9/25)

\*TENTATIVE - SUBJECT TO CHANGE\*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tigershark Swim School (9/6-10/18)</b>			7:00-7:45pm @ RF		
<b>Beginner</b>		6:00-7:00 @ UA	6:00-7:00pm @ RF	6:00-7:00 @ UA	6:00-7:30pm @ UA
<b>Developmental</b>	6:00-7:30pm @ RF	6:00-7:30pm @ UA		6:00-7:30pm @ UA	6:00-7:30pm @ UA
<b>Juniors</b>	6:00-7:45pm @ UA First 15 Mins Dryland w/ Option to swim full time	6:00-7:45pm @ RF	6:00-7:45pm @ UA First 15 Mins Dryland w/ Option to swim full time		6:00-7:30pm @ UA
<b>Seniors</b>	6:00-8:00pm @ UA First 30 Mins Dryland w/ Option to swim full time	6:00-8:00pm @ UA First 30 Mins Dryland w/ Option to swim full time	6:00-8:00pm @ UA First 30 Mins Dryland w/ Option to swim full time	6:00-8:00pm @ UA First 30 Mins Dryland w/ Option to swim full time	6:00-7:30pm @ UA
<b>High School Preseason (Starts 9/5)</b>	4:00-6:00pm @ UA	4:00-6:00pm @ UA	4:00-6:00pm @ UA	4:00-6:00pm @ UA	High School swimmers may swim in the evening 6-7:30pm