



## WATER RAT INTERIM PRACTICE SCHEDULE

### WEEK OF MARCH 22 AND 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red		5:30-6:30pm		5:30-6:30pm			
Blue	5:30-6:30pm		5:30-6:30pm				
Int. I	5:30-6:30pm	7:00-8:15pm	5:30-6:30pm	7:00-8:15pm			
Int. II	5:30-6:30pm	7:00-8:15pm	5:30-6:30pm	7:00-8:15pm			
Advanced	3:45-5:30pm	5:30-7:00pm	3:45-5:30pm	5:30-7:00pm			
Sr. III	3:45-5:30pm	5:30-7:00pm	3:45-5:30pm	5:30-7:00pm			7:15-9:00am
Y Nats Group	5:30-7:00am-S 4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	5:30-7:00am-S 3:45-6:30pm-Y	8:00-10:30am	
Sr. I&II	5:30-7:00am-S 4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	5:30-7:00am-S 4:15-6:30pm-S		7:15-9:00am

## WEEK OF APRIL 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red Blue Int. I Int. II Advanced	<b>NO PRACTICE--ENJOY THE BREAK</b>						
Sr. III	3:45-5:30pm	5:30-7:00pm	3:45-5:30pm	5:30-7:00pm			7:15-9:00am (Sr. II&III)
Sr. I&II	5:30-7:00am-S 4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	5:30-7:00am-S 3:45-6:30pm-S	8:00-10:30am (Sr. I)	7:15-9:00am

## WEEK OF APRIL 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red Blue Int. I Int. II Advanced	<b>NO PRACTICE--ENJOY THE BREAK</b>						
Sr. III	3:45-5:30pm	5:30-7:00pm	3:45-5:30pm	5:30-7:00pm			7:15-9:00am (Sr. II&III)
Sr. I&II	5:30-7:00am-S 4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	4:15-6:30pm-S	5:15-7:00am-S 3:30-5:30pm-Y	5:30-7:00am-S 3:45-6:30pm-S	8:00-10:30am (Sr. I)	7:15-9:00am

## **WEEK OF APRIL 19**

Swimmers can participate in a swim camp during the vacation week. More details and cost to be announced shortly.

The Long Course practice schedule will begin for all groups on April 26th.

Questions? Please contact Jacquie Tumminia at [jtumminia@westporty.org](mailto:jtumminia@westporty.org).