

FH SHARKS SWIM PRACTICE SCHEDULE

Pre-Season Practice

Tuesday, May 28 and Thursday, May 30

13 – over Group: 4– 5pm

12 and under: 5- 5:45pm OR 5:45 – 6:30pm

Regular Season Practice Begins Monday, June 3

Monday- Thursday*

13- over Group: 8- 9:15 am

11-12 Age Group: 8:15-9:15 am

9-10 Age Group: 9-10:00 am
(stretching/meeting first 10- 15 minutes)

8 Unders: 9:45-10:30 am
(stretching/meeting first 10-15 minutes)

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

Ages 11 and up: 9- 10am

Ages 10 and under: 10-10:45am