

WATER RAT SENIOR GROUPS
Practice Schedule
Senior I, II & III
Updated Thru August 8

Week of June 30:

Monday, June 30	Tuesday, July 1	Wednesday, July 2	Thursday, July 3	Friday, July 4	Saturday, July 5	Sunday, July 6
Senior II & III 6-8am @ M	Senior II & III 6-745am @ M Dryland: 8-9am @ The Zone	Senior II & III 6-8am @ M	Senior II & III	Senior II & III SR III: OFF SR II: 6-8am @ YMCA	Senior II & III 630-830am @ Y	OFF
Senior I 545am-8am @ HC	Senior I 545am-8am @ HC Dryland 315- 415pm @ The Zone 430-6pm @ Y	Senior I 545am-8am @ HC	Senior I .	Senior I 6am-8am @ YMCA ALL CT SR Champ Swimmers Required to Attend	Senior I 630-845am @ Y	OFF

Week of July 7:

Monday, July 7	Tuesday, July 8	Wednesday, July 9	Thursday, July 10	Friday, July 11	Saturday, July 12	Sunday, July 13
Senior II & III 6-8am @ M	Senior II & III 6-745am @ M	Senior II & III 6-8am @ M	Senior I, II, III 6-745am @M NO SR I Dryland or Afternoon Practice	Senior I, II, III 600-8am @ M	Senior I, II, III 645-845am @ Y	OFF
Senior I 545am-8am @ HC	Senior I 545am-8am @ HC Dryland 315- 415pm 430-6pm @ Y	Senior I 545am-8am @ HC				OFF

Week of July 14:

Monday, July 14	Tuesday, July 15	Wednesday, July 16	Thursday, July 17	Friday, July 18	Saturday, July 19	Sunday, July 20
Senior I, II, III 6-8am @ M Sr Champ Swimmers - OFF	Senior II & III 6-745am @ M	Senior II & III 6-8am @ M	Senior II & III 6-745am @ M	Senior II & III 630-8am @ M	Senior II & III 630-845am @ Y	OFF
	Senior I 545am-8am @ HC Dryland 315-415 430-6pm @ Y	Senior I 545am-8am @ HC	Senior I 6am-8am @ HC Dryland 315-415 430-6pm @ Y	Senior I 615am-8am @ HC	Senior I 630-845am @ Y	OFF

Week of July 21:

Monday, July 21	Tuesday, July 22	Wednesday, July 23	Thursday, July 24	Friday, July 25	Saturday, July 26	Sunday, July 27
Senior II & III *** OFF Senior I 6am-8am @ HC	Senior I, II & III 6-745am @ M	Senior I, II & III 6-8am @ M	Senior I, II & III 6-745am @ M Last Practice at Mahackeno	Senior I II & III NO Practice	Senior I, II & III NO Practice	OFF

*** Age Group Senior II's
At Hunt Club

M = Mahackeno Outdoor Pool
HC = Hunt Club
Y = Y Indoor Pool

Week of July 28 and August 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ALL OFF	Senior I, II & III 630-8am @ HC	Senior II & III 630-8am @ HC	Senior I, II, III 630-8am @ HC	OFF	OFF	OFF

NOTES:

- Practices are at the Hunt Club
- We still have people preparing to race: Zones.
 - Will connect directly with those swimmers for the Friday and Saturday practice times.
- Pool set-up and breakdown still to be done.
- Reminder, we are guests of the Hunt Club and are to be respectful of the facility.
- If spritzing or raining – NO PRACTICE.
 - Except for Zone ☺