

BLAST SWIMMING

Junior/Senior Practice Schedule

Morning Practice Times

Monday	5:30am – 7:00am
Wednesday	5:30am – 7:00am
Friday	5:30am – 7:00am
Saturday	7:30am – 9:00am

Evening Practice Times

Monday	7:30pm – 9:00pm*
Tuesday	5:30pm – 7:30pm
Wednesday	7:30pm – 9:00pm*
Thursday	5:30pm – 7:30pm
Friday	7:30pm – 9:00pm

* - 45 minute strength program before pool time.