

## **TERA PRE SEASON PRACTICE SCHEDULE**

\*Pre season practices are adjusted as swimmers are coming off a break and need to gradually build training time.

### **AUG 18 TO AUG 28**

Blue – 6:15-7:00pm ( Mon thru Thur)

Silver – 5:15-6:15pm

Gold – 4:00-5:15pm

SR/SRD – 5:15-6:45pm

### **AUG 29 -30 -31 – SEPT 1 - OFF NO WORKOUTS (Fri-Sat-Sun-Mon)**

### **SEPT 2 to SEPT 5**

Blue – 6:15-7:00pm (Tue thru Fri)

Silver – 5:15-6:15pm

Gold – 4:00-5:15pm

SR/SRD – 5:15-6:45pm

### **SEPT 8 to Sept 12**

Blue – 5:30-6:30pm (Mon thru Thur)

Silver – 6:30-7:30pm

Gold – 5:00-6:30pm

SRD – 5:30-7:15pm (M-W-F) 4:00-5:30pm (T-TH)

SR – 4:00-5:45pm (M-W-F) 5:30-7:15pm (T-TH)

### **SEPT 13 - TEAM PICTURES and KICK OFF**

**SEPT 15 TO END OF FALL PROGRAM (DEC 12) - some adjustments may occur due to HS polo games at the pool. Please see the weekly schedule on our website for any group practice time adjustments.**

Orange – 5:30-6:15pm (T-TH)

Blue – 5:30-6:30pm (M-W-F)

Silver – 6:30-7:30pm

Gold – 5:00-6:30pm

SRD – 5:30-7:15pm (M-W-F) 4:00-5:30pm (T-TH)

SR – 4:00-5:45pm (M-W-F) 5:30-7:15pm (T-TH)