

<b>WAUKESHA EXPRESS SWIM TEAM</b>			
<b>Practice Schedule</b>			
<b>Super 8's</b>	M/W/Th	6:00 - 7:00 PM	
	S	10:00 - 11:00 AM	
<b>AG White</b>	M	6:00 - 7:00 PM	
	T	5:30 - 6:30 PM	
	Th	6:00 - 7:00 PM	
	S	9:30 - 10:30 AM	
<b>AG Black</b>	M	7:00 - 8:30 PM	
	T	6:30 - 8:00 PM	
	W	5:30 - 7:00 PM	
	Th	7:00 - 8:00 PM	Skills Night
	F	6:00 - 7:30 PM	
	S	10:30 - 12:00 PM	
<b>AG Performance</b>	M	7:00 - 8:30 PM	
	T	6:30 - 8:00 PM	Dryland 6:00 - 6:30 PM
	W	6:30 - 8:00 PM	
	Th	7:00 - 8:00 PM	Skills Night
	F	6:00 - 7:30 PM	
	S	10:30 - 12:00 PM	
<b>MS/HS</b>	M/W	7:00 - 8:00 PM	
<b>Senior White</b>	M/F	5:30 - 7:00 PM	
	T	5:00 - 7:00 PM	Sign up for optional dryland: T 4:15 - 4:50 PM
	W	5:30 - 7:00 PM	
	S	8:15 - 10:30 AM	Saturday Dryland: 8:15 - 8:50 AM
<b>Senior Black</b>	M/T/Th	5:00 - 7:00 PM	Sign up for dryland.
	W	5:00 - 6:30 PM	Swimmers can attend up to two dryland sessions:
	F	4:30 - 6:00 PM	M/T/Th 4:15 - 4:50 PM
	S	8:15 - 10:30 AM	Saturday Dryland: 8:15 - 8:50 AM
	M/W/F	5:30 - 6:30 AM	Weekday mornings: If approved by coach.
<b>National Team</b>	M/W	3:30 - 6:30 PM	Dryland: 5:30 - 6:30 PM
	T/Th	3:30 - 6:00 PM	Dryland: 5:30 - 6:00 PM
	F	3:30 - 5:30 PM	
	S	7:00 - 10:00 AM	Dryland: 9 - 10 AM
	M/W/F	5:30 - 6:30 AM	