

EVOLUTION SWIM TEAM
2022-2023 Holiday Practice Schedule

Friday 12/23/22:

Senior Performance & Senior Development:
7a-9a Swim, 2p-5p Dryland & Swim
All other groups are on normal practice
schedules

Saturday 12/24/22:

Senior Performance & Senior Development:
8a-10:30a Swim
All other groups: NO PRACTICES

Sunday 12/25/22:

ALL GROUPS OFF
MERRY CHRISTMAS!

Monday 12/26/22:

Senior Performance & Senior Development:
7a-9a Swim, 2p-5p Dryland & Swim
All other groups: NO PRACTICES

Tuesday 12/27/22:

Senior Performance & Senior Development:
2p-4:30p Swim
All other groups are on normal practice
schedule + AGD/AGP 5:15p-6:45p

Wednesday 12/28/22:

Senior Performance & Senior Development:
7a-9a Swim, 2p-5p Dryland & Swim
All other groups are on normal practice
schedules

Thursday 12/29/22:

Senior Performance & Senior Development:
2p-4:30p Swim
All other groups are on normal practice
schedules + Stroke Development/Stroke
Performance 5:30p-6:45p

Friday 12/30/22:

Senior Performance & Senior Development:
7a-9a Swim, 2p-5p Dryland & Swim
All other groups are on normal practice
schedules

Saturday 12/31/22:

Senior Performance & Senior Development:
8a-10:30a Swim
All other groups: NO PRACTICES

Sunday 1/1/23:

ALL GROUPS OFF
HAPPY NEW YEAR!

Monday 1/2/23:

Senior Performance & Senior Development:
7a-9a Swim, 2p-5p Dryland & Swim
All other groups are on normal practice
schedules

Tuesday 1/3/23:

Senior Performance & Senior Development:
2p-4:30p Swim
All other groups are on normal practice
schedules