

Hi All,

I hope you had a great holiday weekend, and for those who are away this week, enjoy!

Our practice schedule for this week is below:

Monday: Dryland 4:30 PM ; Swim 5:00 -6:30 PM @FP

Wednesday: Dryland 6:00 PM ; Swim 6:30 - 8:00 PM @FP

Thursday: 6:00 - 7:30 PM @NCAC

Sunday: 7:30 - 9:00 AM @FP

Any questions, please let me know.

Thanks,
Natalie