

Monday**Tuesday****Wednesday****Thursday****Friday****Saturday**

Westmont Swim Club Winter Practice Schedule.

11 and up swimmers; it is extremely important to make as many practices as possible. This is the heart of the training season. In order to get you into the best shape possible by the end of the season you must hit these two weeks hard. National and Senior group doubles are not an option, I want to see you at both practices not just one or the other. We only have dryland twice a week; however those two days are critical in the development of your strength and stamina.

Dec 19thRegular Practice
Schedule plusNational/Senior
Swim 6:00 to 8:30 am**Dec 20th**Regular Practice
Schedule plusNational/Senior
Swim 6:00 to 8:30 am**Dec 21st**Regular Practice
Schedule plusNational/Senior
Swim 6:00 to 8:30 am**Dec 22nd**Regular Practice
Schedule plusNational/Senior
Swim 6:00 to 8:30 am**Dec 23th**National/Senior
Swim 7 to 9:00 am
Swim 10:30 to 1:00
11 and 12
9:00 to 10:30 am
9 and 10
9:00 to 10:30 am
8 and Under
9:30 to 10:30 am**Dec 24th**No Practice

Happy Holidays!

Dec 26thNational/Senior
Dry 6:45 to 7:45 am
Swim 7:45 to 10:00
11 and 12
10:00 to 11:30 am
9 and 10
10:00 to 11:30 am
8 and Under
10:30 to 11:30 am
Pre Team
9:45 to 10:30 am**Dec 27th**National/Senior
Swim 7 to 9:00 am
Swim 10:30 to 1:00
11 and 12
9:00 to 10:30 am
9 and 10
9:00 to 10:30 am
8 and Under
9:30 to 10:30 am**Dec 28th**National/Senior
Swim 7 to 9:00 am
Swim 10:30 to 1:00
11 and 12
9:00 to 10:30 am
9 and 10
9:00 to 10:30 am
8 and Under
9:30 to 10:30 am**Dec 29th**National/Senior
Dry 6:45 to 7:45 am
Swim 7:45 to 10:00
11 and 12
10:00 to 11:30 am
9 and 10
10:00 to 11:30 am
8 and Under
10:30 to 11:30 am
Pre Team
9:45 to 10:30 am**Dec 30th**National/Senior
Swim 7 to 9:00 am
Swim 10:30 to 1:00
11 and 12
9:00 to 10:30 am
9 and 10
9:00 to 10:30 am
8 and Under
9:30 to 10:30 am**Dec 31st**

New Year's Eve

No Practice

Happy New Years!

Jan 2ndNational/Senior
Dry 6:45 to 7:45 am
Swim 7:45 to 10:00
11 and 12
10:00 to 11:30 am
9 and 10
10:00 to 11:30 am
8 and Under
10:30 to 11:30 am
Pre Team
9:45 to 10:30 am**Jan 3rd**Regular Practice
Schedule plusNational/Senior
Swim 7 to 10:00 am**Jan 4th**Regular Practice
Schedule plusNational/Senior
Dry 6:45 to 7:45 am
Swim 7:45 to 10:00**Jan 5th**Regular Practice
Schedule plusNational/Senior
Swim 7 to 10:00 am**Jan 6th**National/Senior
Dry 7:00 to 7:45 am
Swim 7:45 to 10:00

No other practices

Lyons Meet**Jan 7th**

Lyons Meet

No Practice