



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CHY Swim Team Practice Schedule

### Tuesday

4:30-5:30 11 & 12

5:30-6:30 10 & under

8:30-9:45 13 & over

### Wednesday

4:30-5:30 9 & 10 and 11 & 12

5:30-7:00 13 & over

### Thursday

8:00 – 9:30 13 and over

### Friday

4:30- 6:00 11 & 12 & 13 and over

6:00-7:00 9 & 10 and 8 & under

### Sunday

11:00-1:00 13 & over

1:00 – 2:30 9 & 10 and 11 & 12