

FCA 2021-2022 FALL/WINTER PRACTICE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim School						10-12pm	
Team Phoenix		6:10-7:05pm		6:10-7:05pm			11-12pm
Mini		5:15-6:00pm		5:15-6:00pm			12-12:40pm
Novice		5:15-6:10pm		5:15-6:10pm			12-1pm
Junior I	5:15-6:10pm		5:15-6:10pm		6:30-7:30pm	8:30-10am	1-2:15pm
Junior II	5:30-6pm (Dryland) 6:10-7:20pm (swim)	morning practice option	5:30-6pm (Dryland) 6:10-7:20pm (swim)	morning practice option	7:30-8:45pm	8-9:30am	2:15-3:30pm
Senior	*6:30-7:45am (Fall Sport/Make Up) **6:15-7:15pm (Dryland) 7:20-8:45pm (Swim)	5:45am-6:45am (Early School Start) 6:45-7:45am (Late Start HS) **6:00-7:00pm (Dryland) 7:05-8:45pm (Swim)	*6:30-7:45am (Fall Sport/Make Up) **6:15-7:15pm (Dryland) 7:20-8:45pm (Swim)	5:45am-6:45am (Early School Start) 6:45-7:45am (Late Start HS) **6:00-7:00pm (Dryland) 7:05-8:45pm (Swim)	*6:30-7:45am (Fall Sport/Make Up) 5-6:30pm (Swim)	6:30-9am	

*AM & PM practices will be the same

**Group will be divided up after registration. Half will do dryland on Monday & Wednesday. Other half on Tuesday & Thursday.