

West Express Swim Team –**Age Group** – **January** Practice Schedule Updated 12/22
 Dryland on Tuesday / Thursday 5:35 – 6:30 pm (Cost is \$15 per session – have to sign up)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 28	29	30	31	January 1	2	3
	PRMS 9:00 – 10:30 am	PRMS 9:00 – 10:30 am	No Practice	No Practice	PRMS 9:00 – 10:30 am	PRMS 9:00 – 10:30 am
4	5 PRMS OR CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	6 PRMS or CMSE 7:00 – 8:00 am Dryland at PRMS 5:35 – 6:30 pm PRMS 6:30 – 8:00pm	7 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	8 PRMS or CMSE 7:00 – 8:00 am No Evening Swim Dryland ONLY At CMSE 5:35 – 6:30 pm TRIVIA at 6:30	9 No Morning Group PRMS 6:00 – 7:30 pm	10 PRMS 9:00 – 10:30 am
11	12 PRMS OR CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	13 PRMS or CMSE 7:00 – 8:00 am Dryland at CMSE 5:35 – 6:30 pm CMSE 6:30 – 8:00 pm	14 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	15 PRMS or CMSE 7:00 – 8:00 am Dryland at CMSE 5:35 – 6:30 CMSE Practice 6:30 – 8:00 pm	16 No Morning Group PRMS 6:00 – 7:30 pm	17 PRMS 9:00 – 10:30 am
18	19 No School No Practices	20 No School / No Morning No Dryland CMSE Swim 6:50 – 8:10 pm	21 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	22 PRMS or CMSE 7:00 – 8:00 am Dryland @ PRMS 5:35 – 6:30 pm PRMS 6:30 – 8:00pm	23 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	24 PRMS 9:00 – 10:30 am
25 Hurricanes One session Meet at U of M WU 7:00/Meet at 8:25 am	26 PRMS OR CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	27 PRMS or CMSE 7:00 – 8:00 am Dryland at CMSE 5:35 – 6:30 pm CMSE 6:30 – 8:00 pm	28 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	29 PRMS or CMSE 7:00 – 8:00 am Dryland @ PRMS 5:35 – 6:30 pm PRMS 6:30 – 8:00pm	30 No Morning Group PRMS 5:00 – 6:30 pm	31 PRMS 9:00 – 10:30 am