

West Express Swim Team –Sharks (Updated 12/22)
Practice Schedule for January | Sharks Attend 4 Practices a week
M – Th Mornings at CMSE/ PRMS 7:00 – 8:00 am (When school is in session)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 28	29 PRMS 10:45 – 11:45 am	30 PRMS 10:45 – 11:45 am	31 No Practice	January 1 No Practice	2 PRMS 10:45 – 11:45 am	3 PRMS 10:45 – 11:45 am
4	5 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 7:00 pm	6 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	7 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	8 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm Trivia at CMSE 6:30	9 No Morning Group No Evening Practice	10 PRMS 10:30 – 11:30 am
11	12 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 7:00 pm	13 PRMS or CMSE 7:00 – 8:00 am Sharks /Dolphins Meet at PRMS WU at 6:00 Meet at 6:30 – 7:30	14 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	15 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	16 No Morning Group No Evening Practice	17 PRMS 10:30 – 11:30 am
18	19 No School MLK Day No Practices!	20 No School / No Morning CMSE 5:50 – 6:50 pm	21 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	22 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	23 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	24 PRMS 10:30 – 11:30 am
25 Hurricanes Meet at U of M Warm up 7:30 am Meet at 8:30 am	26 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 7:00 pm	27 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	28 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	29 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	30 No Morning Group No Evening Practice	31 PRMS 10:30 – 11:30 am