

West Express Swim Team –Sharks (Updated 10/21)
Practice Schedule for November| Sharks Attend 4 Practices a week

Monday – Thursday Mornings at CMSE or PRMS at 7:00 – 8:00 am (When school is in session)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 26	October 27 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	28 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	29 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	30 PRMS or CMSE 7:00 – 8:00 am No Practices due to conferences at CMSE	31 No Practices Happy Halloween!	November 1 CMSE 9:30 – 10:30 am
2	3 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	4 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	5 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	6 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	7 No Morning Group PRMS 5:30 – 6:30 pm	8 WEST Express Home Meet
9 WEST Express Home Meet	10 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	11 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	12 PRMS or CMSE 7:00 – 8:00 am CMSE 5:30 – 6:30 pm	13 PRMS or CMSE 7:00 – 8:00 am CMSE 6:00 – 6:55 pm	14 No Morning Group PRMS 5:30 – 6:30 pm	15 PRMS 10:30 – 11:30 am
16 Earlier this week And next at CMSE 5:45 – 6:45	17 PRMS or CMSE 7:00 – 8:00 am CMSE 5:45 – 6:45 pm	18 PRMS or CMSE 7:00 – 8:00 am CMSE 5:45 – 6:45 pm	19 PRMS or CMSE 7:00 – 8:00 am CMSE 5:45 – 6:45 pm	20 PRMS or CMSE 7:00 – 8:00 am CMSE 5:45 – 6:45 pm	21 No Morning Group PRMS 5:30 – 6:30 pm	22 No Practice
23 Last week of Fall season	24 PRMS or CMSE 7:00 – 8:00 am CMSE 5:45 – 6:45 pm	25 PRMS or CMSE 7:00 – 8:00 am CMSE 5:45 – 6:45 pm	26 No School / No Morning Group PRMS 10:30 – 11:30 am	27 Happy Thanksgiving No Practice	28 Thanksgiving Break No Practice	29 No Practice