Westfield Aquatics Practice Schedule Short Course 2019 April-May

Westfield High School

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Staffing
	Westfield High School						
Senior	6:00-7:15 am 3:30-5:45 pm	off 3:30-6:00 sw/dry	5:30-7:45 am off	off 3:30-6:00 sw/dry	6:00-7:15 am 3:30-5:30 pm	7:00-10:00 am dry&sw	Darrick
Age Group Elite	5:00-5:45 dry 5:45-7:15 sw	6:00-7:15 am 5:00-7:15 pm	3:30-5:30 pm	6:00-7:15 am (4:30-5:15-7:15) pm	5:15-7:30 pm	8:15-9:00 dry 9:00-11:00 sw	Garrett
Age Group 1	5:15-5:45 dry 5:45-7:00 sw	5:00-7:00 pm	5:00-5:30 dry 5:30-7:00 sw	5:00-7:00 pm	5:15-6:45 pm		Lori, Allisa
Age Group 2	7:00-8:00 sw	7:00-8:00	6:30-7:45 pm	7:00-8:00 pm	5:15-6:00 pm	off	Lori, Allisa, GS Mia
Developmental	7:15-8:00 sw	7:15-8:00 sw	5:30-6:30 pm	off	5:15-6:00 pm	off	Garrett Mia