

# OAK RIDGE SWIM TEAM

## 2023 Swim Team Practice

### May 15th through June 9th

#### Monday - Thursday evenings:

6 and Under - 6pm to 6:45pm

10 and Under - 6pm to 7pm

11 and Up - 7pm to 8pm

#### Saturday mornings:

6 and Under - 8am to 8:45am

10 and Under - 8am to 9am

11 and Up - 9am to 10am

*Practice on Monday, May 29th will be a combined practice from 8-9 am due to the Memorial Day Holiday.*

### June 10th through July 5th\*

#### Monday - Saturday mornings:

6 and Under - 8am to 8:45am

10 and Under - 8am to 9am

11 and Up - 9am to 10am

#### Monday - Thursday evenings:

6 and Under - 6pm to 6:45pm

10 and Under - 6pm to 7pm

11 and Up - 7pm to 8pm

*\*Practice on Tuesday July 4th will be a combined practice from 8-9 am due to the Holiday. No evening practice on July 4th or July 5th.*