

Monday Morning	PUPS	8:30-9:00
	U6	9:00-9:30
	U8, U10	9:30-10:15
	U12 & UP	10:15-11:00
Monday Evening (Only for those unable to attend AM practice)	U6 & UP	5:00-6:00 PM
Tuesday Morning (no PM practice)	PUPS	8:30-9:00
	U6	9:00-9:30
	U8, U10	9:30-10:15
	U12 & UP	10:15-11:00
Wacky Wednesday Morning (post-meet ribbons, treats, games)	PUPS	NO PRACTICE
	U6 & UP	10:00-11:00
Wednesday Evening (Stroke Clinic open to all Sharks ages 7 & older)	U8 & UP	5:00-6:00 PM STROKE CLINIC
Thursday Morning	PUPS	8:30-9:00
	U6	9:00-9:30
	U8, U10	9:30-10:15
	U12 & UP	10:15-11:00
Thursday Evening (Only for those unable to attend AM practice)	U6 & UP	5:00-6:00 PM
Friday Morning (no PM practice)	PUPS	8:30-9:00
	U6	9:00-9:30
	U8, U10	9:30-10:15
	U12 & UP	10:15-11:00