

2016 SUGARWOOD STINGRAYS
“Practice Schedule”

Monday, Tuesday, Wednesday, Thursday

*** 7:30 putting in lane lines ***

7:30 – 8:30	9 and 10 year olds	(7:30-7:40 dryland...7:40-8:30 Swim)
8:20 – 9:15	8 and unders	(8:20-8:30 dryland...8:30-9:15 Swim)
9:00 - 10:15	11 to 14 year olds	(9:00-9:15 dryland...9:15-10:15 Swim)
10:00 -11:30	15 and older	(10:00-10:15 dryland...10:15-11:30 Swim)

*** 11:30 take out lane lines***

11:30 – 12:00 lil’ Rays and Beginner Stingrays

FUN Friday

10:00 – 11:00	Ages 10 and Under
11:00 - 11:30	Treat Time Ages 10 and Under
11:00 – 12:00	Ages 11 and Up
12:00- 12:30	Treat Time Ages 11 and Up