

# *Putnam Sharks Swim Club*

- Fall - **Enrollment Period Wednesday 8/1/19 – 9/30/19 ONLY!**
  - August– Dryland conditioning practices and Water Practices (TENTATIVE)
    - **\*\*PRACTICES BEGIN, MON, AUG 19<sup>th</sup>!**
    - Mondays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
    - Tuesdays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
    - Thursdays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
    - Fridays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
  - September – Dryland conditioning practices and Water Practices (TENTATIVE)
    - **\*\*PRACTICE CHANGES BEGIN, MON, SEPT 2<sup>nd</sup>!**
    - Mondays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
    - Tuesdays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
    - Thursdays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
    - Fridays – Putnam Aquatics Center (Pool)
      - 5:30 – 7:00 PM
  - October/November – Dryland conditioning practices and Water Practices (TENTATIVE)
    - **\*\*PRACTICE CHANGES BEGIN, MON, SEP 30<sup>st</sup>!**
    - Mondays – Putnam Aquatics Center (Pool)
      - 5:20 – 6:50 PM
    - Tuesdays – Putnam Aquatics Center (Pool)
      - 5:20 – 6:50 PM
    - Thursdays – Putnam Aquatics Center (Pool)
      - 5:20 – 6:50 PM
    - Fridays – Putnam Aquatics Center (Pool)
      - 5:20 – 6:50 PM
    - **\*\*Tentative\*\* Last Day of Fall practice will be FRI, NOV 15<sup>th</sup>!**