

# Team TOLL 2019-2020 Practice Schedule

	recommended attendance:	Sept 4 - Nov 10, 2019	Nov 11, 2019 - Feb 16, 2020	Feb 17 - June 12, 2020
<p>Please note: The above dates are set to coincide with the MCPS high school swim team season as many of our Team TOLL swimmers also participate on their local school's swim team in the winter.</p>				
8& Unders	3x/week	Mondays 6-6:45pm		
		Wednesdays 6-6:45pm		
		Fridays 6:30-7:30am		
		Saturdays 10:30-11:30am		
9-10 yr old swimmers	3x/week	Mondays 6:30-7:30pm		
		Wednesdays 6:30-7:30pm		
		Fridays 6:30-7:30am		
		Saturdays 11:30am - 1:00pm		
11-12 yr old swimmers	4x/week	Mondays 6:45-8:15pm		
		Wednesdays 6:45-8:15pm		
		Fridays 5:45 – 7:15 am		
		Fridays 6-7:00pm		
		Saturdays 12-1:30pm		
13-14 yr old swimmers	5x/week	Mondays 5-6:30am		
		Tuesday 7:30-9:00pm		
		Wednesdays 4-6:00pm	n/a	Wednesdays 4-6:00pm
		Thursdays 5-6:30am		
		Thursdays 7:30-9:00pm		
		Saturdays 10:30am-12:00pm		
		n/a	Sundays 12:30-2:00pm	n/a
15&Up swimmers (Group O)	4x/week	Tuesdays 5-6:30am		
		Tuesdays 8-9:00pm		
		Thursdays 8-9:00pm		
		Fridays 7-8:30pm		
		Saturdays 10:30am-12:30pm		
15&Up swimmers (Group T)	Minimum 6x/week; 5x/week during the winter high school swim season Nov 11-Feb 15	Mondays 5-6:30am		
		Mondays 4-6:00pm	Mondays 7:30-9:00pm	Mondays 4-6:00pm
		Tuesdays 4-6:00pm	n/a	Tuesdays 4-6:00pm
		Wednesdays 5-6:30am		
		Wednesdays 7:30-9:00pm		
		Thursdays 4-6:00pm	n/a	Thursdays 4-6:00pm
		Friday Dry Land 3:30-4:30pm @ Bethesda Sport and Health		
		Saturdays 10:30am-12:30pm		
n/a	Sundays 2-3:30pm	n/a		