

Hampton Hall Waves

2011 Practice Schedule

Afternoon Practices (May 1- June 29)

Sunday-Thursday

****No Afternoon Practices on Meet Day (as we will be at the Meet)****

Practice Group	Time
Junior Waves	4:15-4:45
6 and Under	4:45-5:15
7-8	5:15-6
9-10	6-6:45
11 and Older	6:45-7:30

Morning Practices begin Monday May 23

Monday-Friday

Practice Group	Time
7-10	9:30-10:15
11 and Older	10:15-11
6 and Under	11-11:30
Junior Waves	11-11:30

RIBBON CEREMONY

The day after a *completed* swim meet (or a meet we will not finish), we will have a ribbon ceremony (for swimmers of all ages) at **10:15 am and 5:15 pm.**