

PST Summer Practice Times

10 or younger

From 4:30 - 5:00 p.m. to 5:15 or 5:30 p.m.

11 or older

From 5:00 p.m. to 6:30 or 7:00 p.m.

BLACK GROUP or COLLEGE SWIMMERS

An additional practice (from the 11 or older group) on Tuesday, Wednesday and Thursday mornings beginning at 7:00 a.m. to 8:00 a.m. or shortly thereafter.

Those from the Silver group wanting to swim in the morning ***need to visit and get permission from Coach Kent*** first.