



Highbridge Aquatics November and December 2022 Practice and Meet Schedule (updated 11/21/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of 11/21/2022	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
	13&O stretch 4:45pm swim 5:00--6:45pm	morning stretch 5:15am morning swim 5:30-6:45am afternoon stretch 5:45pm afternoon swim 6:00-7:45pm	morning stretch 7:45am morning swim 8-10am		morning stretch 7:45am morning swim 8-10am	morning stretch 7:45am morning swim 8-10am
	12&U stretch 6:30pm swim 6:45-7:45pm	stretch 4:45pm swim 5:00-6:00pm	morning stretch 9:45am morning swim 10-11am		morning stretch 9:45am morning swim 10-11am	morning stretch 9:45am morning swim 10-11am
Week of 11/28/2022	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
	13&O stretch 5:30pm swim 5:45-7:30pm	stretch 6:30pm swim 6:45-8:30pm	stretch 5:30pm swim 5:45-7:30pm	Please only ENSWORTH meet swimmers at this practice stretch 5:30pm swim 5:45-7pm	ENSWORTH SWIM MEET Brentwood TN	
	12&U stretch 7:15pm swim 7:30-8:30pm	stretch 5:30pm swim 5:45-6:45pm	stretch 7:15pm swim 7:30-8:30pm			
Week of 12/5	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
	13&O stretch 5:30pm swim 5:45-7:30pm	morning stretch 5:15am morning swim 5:30-6:45am afternoon stretch 6:30pm afternoon swim 6:45-8:30pm	stretch 5:30pm swim 5:45-7:30pm	morning stretch 5:15am morning swim 5:30-6:45am Weights: 4:45-6:00pm	stretch 4:45pm swim 5:00-6:45pm	stretch 7:45am swim 8-9:45am weights: 10:30-11:30am
	12&U stretch 7:15pm swim 7:30-8:30pm	stretch 5:30pm swim 5:45-6:45pm	stretch 7:15pm swim 7:30-8:30pm	Those who don't do weights: stretch 5:30pm swim 5:45-7:00pm	stretch 6:30pm swim 6:45-7:45pm	stretch 9:30am swim 9:45-11:00am
Week of 12/12	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
	13&O stretch 4:45pm swim 5:00--6:45pm	morning stretch 5:15am morning swim 5:30-6:45am afternoon stretch 5:45pm afternoon swim 6:00-7:45pm	stretch 4:45pm swim 5:00-6:45pm	Morning stretch 5:15am Morning swim 5:30-6:45am weights: stretch 4:45-6:00	stretch 4:45pm swim 5:00-6:45pm	weights: 8:30-9:45am stretch 5:45am swim 6-7:45am
	12&U stretch 6:30pm swim 6:45-7:45pm	stretch 4:45pm swim 5:00-6:00pm	stretch 6:30pm swim 6:45-7:45pm	Those who don't do weights: stretch 4:45 swim 5:00-6:15pm	stretch 6:30pm swim 6:45-7:45pm	stretch 6:30am swim 6:45-7:45am
Week of 12/19	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
	13&O morning stretch 7:45am morning swim 8:00-10:00am HA Christmas Party TONIGHT!	morning stretch 7:45am morning swim 8:00-10:00am Weights: 4:45-6pm	morning stretch 7:45am morning swim 8:00-10:00am	morning stretch 7:45am morning swim 8:00-10:00am Weights: 4:45-6pm	morning stretch 7:45am morning swim 8:00-10:00am	
	12&U morning stretch 9:45am morning swim 10:00-11:00am HA Christmas Party TONIGHT!	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am	
Week of 12/26	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
	13&O No Practice Weights TBD	morning stretch 7:45am morning swim 8:00-10:00am Weights: 4:45-6pm	morning stretch 7:45am morning swim 8:00-10:00am	morning stretch 7:45am morning swim 8:00-10:00am Weights: 4:45-6pm	morning stretch 7:45am morning swim 8:00-10:00am	morning stretch 7:45am morning swim 8:00-10:00am
	12&U	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am	morning stretch 9:45am morning swim 10:00-11:00am