

JFD Bonus Practice Schedule

Please schedule your Bonus Practices by emailing jfdschedules@gmail.com within 48 business hours!! Please indicate if this is a make up with the date of your missed practice or you will be billed.

All practices will be held at QO. The Swim Video will be at the JFD house.
If you are not scheduled you may not be able to swim based upon lane space.

Mon, October 03	Bonus practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Wed, October 12	Bonus Practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Mon & Tues November 7 and 8	Bonus Practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Thur & Fri November 10 and 11	Bonus Practice	Practice 1:30-3pm You may start at an earlier time if open
Fri, November 25	Bonus Practices	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Sat December 24	Bonus practices	See winter break schedule Reindeer Games and Caroling
December 26-Jan 2	Bonus Practice	See winter break schedule
Mon, January 16	Bonus Practices	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm

JFD Bonus Practice Schedule

Please schedule your Bonus Practices by emailing jfdschedules@gmail.com within 48 business hours!! Please indicate if this is a make up with the date of your missed practice or you will be billed.

All practices will be held at QO. The Swim Video will be at the JFD house.
If you are not scheduled you may not be able to swim based upon lane space.

Fri, January 20	Bonus Practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Fri, January 27	Bonus Practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Mon, February 20	Bonus Practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Fri, April 7	Bonus Practice	Video 9-10am Team Options: 10-11:30 am or 11:30-1 pm Clinic: 10-11 am or 11-12 pm
Fri and Mon, April 10-15 and 17	Holidays - Good Friday and Easter Monday	See Spring Break schedule