

KAMEHAMEHA SWIM CLUB

West Side Practice Groups & Times

Kamehameha Schools

Group	Practice Time	Days
Menehune	3:00-4:00 PM	Mon, Tue, Thu
Honu I	3:00-4:00 PM	Mon, Tue, Thu
Honu II	Mon, Tue, Thu: 3:00-4:00 PM Fri: 3:00-4:30 PM	Mon, Tue, Thu, Fri
Naia I	3:00-4:30 PM	Mon, Tue, Thu, Fri
Naia II	Mon, Thu, Fri: 3:00-5:00 PM Tue: 3:00-4:30 PM	Mon, Tue, Thu, Fri
Kaku I	4:00-6:00 PM	Mon, Tue, Thu, Fri
Kaku II	4:00-6:00 PM	Mon-Fri
Ulua	5:00-6:00 PM	Mon-Thu
Mano I	Mon, Tue, Thu: 4:30-6:30 PM Wed, Fri: 4:00-6:00 PM	Mon-Fri
Mano II	Mon, Tue, Thu: 4:00-6:30 PM Wed, Fri: 3:30-6:00 PM	Mon-Fri
National	Mon, Tue, Thu: 4:30-6:30 PM Wed, Fri: 4:00-6:00 PM	Mon-Fri
National Elite	Mon, Tue, Thu: 4:00-6:30 PM Wed, Fri: 3:30-6:00 PM	Mon-Fri

Weekday morning practices for Mano and National groups are listed on the team calendar.

Saturday practices will be announced on the team calendar.

Any changes will be listed on the team calendar

KAMEHAMEHA SWIM CLUB

East Side Practice Groups & Times

The Oahu Club

Group	Practice Time	Days
Jr Bronze	3:30-4:30 PM	Mon, Wed, Fri
Bronze I	3:30-4:30 PM	Mon, Wed, Fri
Bronze II	3:30-4:30 PM	Tue, Wed, Thu, Fri
Jr Silver I	3:30-5:00 PM	Mon, Tue, Thu, Fri
Jr Silver II	Mon, Thu, Fri: 3:30-5:30 PM Tue: 3:30-5:00 PM	Mon, Tue, Thu, Fri
Silver	Tue, Wed: 5:00-6:30 PM Fri: 4:30-6:00 PM	Tue, Wed, Fri
Jr Gold I	4:30-6:30 PM	Mon, Wed, Thu, Fri
Jr Gold II	4:30-6:30 PM	Mon-Fri
Gold I	4:30-6:30 PM	Mon-Fri
Gold II	4:00-6:30 PM	Mon-Fri
Senior	4:30-6:30 PM	Mon-Fri
Senior Elite	4:00-6:30 PM	Mon-Fri

Weekday morning practices for Gold and Senior groups are listed on the team calendar.

Saturday practices will be announced on the team calendar.

Any changes will be listed on the team calendar