

NORTH DELTA SUNFISH- JULY SCHEDULE(Effective June 29th-July 31st)

**All practices at at NDOP(North Delta Outdoor Pool)

3G = 3 Green

3Y = 3 Yellow

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
6:00-7:30AM		PARENTS, GROUP 4 & 3Y (6:00-7:45am)	GROUP 5 & 3G (5:50-8:45am)	GROUP 3, 4, & 5	Mile Swim Everyone to attend! **Potluck breakfast to follow**
7:15-8:45AM		GROUP 5 & 3G (7:00-8:45am)	GROUP 2 & 3Y	GROUP 1 & 2	
BENCH HOURS	Sarah- 7:00-7:30PM	Jacque- 7:30-8:00 PM	Tallis- 6:00-6:30PM	Kaylee- 6:00-6:30PM	Michelle-5:00-5:30PM
PM					
3:45-5:00PM	GROUP 1 & 2	GROUP 1	GROUP 5 (3:15-6:00PM)	GROUP 1	SCAVANGER HUNT (all groups) (3:30-5:00pm)
4:45-6:00PM	GROUP 3 & 4 (4:45-6:30pm)	GROUP 2	GROUP 3 (3:45-6:00pm)	GROUP 2 & 3 (4:45-6:30PM)	GROUP 3, 4 & 5 (5:00-6:00PM)
5:45-7:00PM		GROUP 4 (5:45-7:30PM)	Pizza/Movie/ Sleepover Night!!!! (All groups) (starting at 7pm!) NOTE: everyone is welcome for pizza and movie, even if you are unable to sleepover.	WATERPOLO	PUBLIC SWIM
6:45-8:00PM	Group 5 (6:15-8:30pm)	GROUP 5 (6:45-9:00PM)		WATERPOLO	
7:30-9:00PM	PARENTS			PARENTS (7:30-9:00pm) AND GROUP 4 (7:15-9:00pm)	