

NORTH DELTA SUNFISH- AUGUST SCHEDULE (Effective August 3rd to 9th)

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

3G = 3 Green

3Y = 3 Yellow

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
7:15-8:30AM		GROUP 3 AND 5	GROUP 1, 4 AND PARENTS	GROUP 3 AND 5	GROUP 2, 4 AND PARENTS
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	NDOP Group 1 and 2- 3:45-5:00pm WATERMANIA PRACTICES GROUP 2 and 4- 3:45 pm-5:00 pm Group 3- 4:45 pm-6:00 pm Group 5- 5:45-7:00pm	GROUP 1 AND 2	WATERMANIA PRACTICES GROUP 5 3:45 -5:00pm Group 2 and 4 4:45-6:00pm Group 3 5:45-7:00pm	GROUP 1 AND 2	GROUP 1, 2 AND 3Y
4:45-6:00PM		GROUP 3, 4 AND 5		GROUP 3 4:45-6:00PM GROUP 5 4:45- 6:30pm	GROUP 3G, 4 AND 5
5:45-7:00PM		WATERPOLO		GROUP 4 AND PARENTS	PUBLIC SWIM
6:45-8:00PM		PRE-REGIONALS PASTA NIGHT 6:30-9:00PM		WATERPOLO	

