

2010-2011 WOW Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Senior Advanced</i>	6:15-8:30pm	5:45-7:15am 5:30-6:15p DL 6:15-8:30pm sw	6:15-8:30pm	5:45-7:15am 5:30-6:15 DL 6:15-8:30pm sw	6:15-8:30pm	6-7:45am sw 8-8:45am DL
<i>Senior I</i>	X	5:45-7:15am 6-6:45p DL 6:45-8:30pm sw	X	6:15-8:30pm sw	6-6:45p DL 6:45-8:30pm sw	6-7:45am
<i>Senior II</i>	X	6-6:45p DL 6:45-8:30pm sw	X	6:45-8:30pm	6-6:45p DL 6:45-8:30pm sw	6-7:45am
<i>Gold</i>	6:15-8:15pm	5:45-7:15am* 5:30-6:15p DL 6:15-8:15pm	6:15-8:15pm	5:30-6:15p DL 6:15-8:15pm	6:15-8:15pm	6-7:45am 8-8:45am DL
<i>Silver</i>	6:15-8:15pm	7:30-8:30pm	6:15-8:15pm	5:45-7:15am* X	6:15-8:15pm	6-7:45am
<i>Bronze</i>	6:15-7:45pm	X	6:15-8pm	X	6:15-8pm	6:15-7:45am
<i>Copper</i>	7:30-8:30pm	6:15-7:45pm	X	6:15-7:45pm	X	X
<i>Wavers</i>	3:15-4pm YWCA	X	3:15-4pm YWCA	X	3:15-4pm YWCA	X

**Only offered Nov-Jan by coach invitation.*

ALL PRACTICES @ UNCW unless otherwise noted.

Always arrive at least 15 minutes prior to practice. Practice times indicate time in water.