

		2022-23 ACE AQUATIC CLUB <b>AUGUST 2022</b> PRACTICE SCHEDULE					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIGH PERFORMANCE AM		5:00 - 6:45AM	5:00 - 6:45AM	5:00 - 6:45AM	5:00 - 6:45AM		
		4:30 - 5:30PM DL		4:30 - 5:30PM DL			
HIGH PERFORMANCE PM		6:45 - 8:30PM	6:45 - 8:30PM	6:45 - 8:30PM	6:45 - 8:30PM		
		6:00 - 6:45PM DL		6:00 - 6:45PM DL			
PLATINUM		6:45 - 8:15PM	6:45 - 8:15PM	6:45 - 8:15PM	6:45 - 8:15PM		
GOLD		5:30 - 6:45PM	5:30 - 6:45PM	5:30 - 6:45PM	5:30 - 6:45PM		
SILVER		4:30 - 5:30PM	4:30 - 5:30PM	4:30 - 5:30PM	4:30 - 5:30PM		
BRONZE		4:30 - 5:15PM	4:30 - 5:15PM	4:30 - 5:15PM	4:30 - 5:15PM		