

Practice Schedule

Pre-Team

Mon	5:30-6:15 pm	Lilley Gulch
Wed	5:30-6:15 pm	Lilley Gulch
Fri	5:30-6:15 pm	Lilley Gulch

Comp Prep

Tues	5:30-6:30 pm	Lilley Gulch
Thurs	5:30-6:30 pm	Lilley Gulch
Fri	4:30-5:30 pm	Lilley Gulch
Sat	8:30-9:00 am	Ridge Pool

Bronze 1

Mon	Swim 4:30-5:30 pm	Ridge Pool
Wed	Swim 4:30-5:30 pm	Ridge Pool
Fri	Swim 4:30-5:30 pm	Ridge Pool
Sat	Swim 8:00-8:30 am	Ridge Pool

Bronze 2

Mon	Swim 6:00-7:00 pm	Lilley Gulch
Tues	Swim 6:00-7:00 pm DL 5:20-5:50 pm	Lilley Gulch
Wed	Swim 6:00-7:00 pm	Lilley Gulch
Thurs	Swim 6:00-7:00 pm DL 5:20-5:50 pm	Lilley Gulch
Fri	Swim 6:00-7:00 pm	Lilley Gulch
Sat	Swim 7:30-8:00 am	Ridge Pool

Silver

Mon	Swim 4:30-5:45 pm DL 5:55-6:25 pm	Ridge Pool
Tues	Swim 4:30-5:45 pm	Ridge Pool
Wed	Swim 4:30-5:45 pm DL 5:55-6:25 pm	Ridge Pool
Thurs	Swim 4:30-5:45 pm	Ridge Pool
Fri	Swim 4:30-5:45 pm	Ridge Pool
Sat	Swim 6:30-7:30 am DL 7:40-8:10 am	Carmody

Gold

Mon	Swim 4:30-6:00 pm	Lilley Gulch
Tues	Swim 4:30-6:00 pm DL 6:10-6:40 pm	Lilley Gulch
Wed	Swim 4:30-6:00 pm	Lilley Gulch
Thurs	Swim 4:30-6:00 pm DL 6:10-6:40 pm	Lilley Gulch
Fri	Swim 4:30-6:00 pm	Lilley Gulch
Sat	Swim 6:30-8:00 am DL 8:10-8:40 am	Carmody

Senior Prep

Mon	Swim 5:30-7:00 pm DL 4:30-5:15 pm	Ridge Pool
Tues	Swim 5:30-7:00 pm	Ridge Pool
Wed	Swim 5:00-6:30 am Swim 5:30-7:00 pm DL 4:30-5:15 pm	Carmody Ridge Pool
Thurs	Swim 5:30-7:00 pm	Ridge Pool
Fri	Swim 5:30-7:00 pm	Ridge Pool
Sat	Swim 6:30-8:30 am DL 8:45-9:25 am	Carmody

Senior

Mon	Swim 5:00-6:30 am (Dryland + Swim) 4:00-6:30 pm	Carmody
Tues	4:30-6:30 pm	Carmody
Wed	Swim 5:00-6:30 am (Dryland + Swim) 4:00-6:30 pm	Carmody
Thurs	4:30-6:30 pm	Carmody
Fri	Swim 5:00-6:30 am (Dryland + Swim) 4:00-6:30 pm	Carmody
Sat	6:30-8:30 am	Carmody