

Practice Schedule

Pre Team

Tues	5:45-6:30 pm	Lilley Gulch
Thurs	5:45-6:30 pm	Lilley Gulch
Fri	5:45-6:30 pm	Lilley Gulch

Comp Prep

Tues	4:30-5:30 pm	Lilley Gulch
Thurs	4:30-5:30 pm	Lilley Gulch
Fri	4:30-5:30 pm	Lilley Gulch
Sat	7:30-8:00 am	Carmody

Bronze 1

Mon	Swim 4:30-5:30 pm Dryland 5:40-6:00 pm	Ridge
Wed	Swim 4:30-5:30 pm Dryland 5:40-6:00 pm	Ridge
Fri	SEE 2 ND PAGE FOR FRIDAY SCHEDULE	
Sat	Dryland 7:00-7:20 am Swim 7:30-8:30 am	Carmody

Bronze 2

Mon	Dryland 5:20-5:50 pm Swim 6:00-7:00 pm	Ridge
Tues	5:30-6:30 pm	Lilley Gulch
Wed	Dryland 5:20-5:50 pm Swim 6:00-7:00 pm	Ridge
Thurs	5:30-6:30 pm	Lilley Gulch
Fri	SEE 2 ND PAGE FOR FRIDAY SCHEDULE	
Sat	Swim 6:30-7:30 am Dryland 7:40-8:10 am	Carmody

Silver

Mon	4:30-6:00 pm	Lilley Gulch
Tues	Swim 4:30-5:30 pm Dryland 5:40-6:10 pm	Ridge
Wed	4:30-6:00 pm	Lilley Gulch
Thurs	Swim 4:30-5:30 pm Dryland 5:40-6:10 pm	Ridge
Fri	SEE 2 ND PAGE FOR FRIDAY SCHEDULE	
Sat	Swim 6:30-7:30 am Dryland 7:40-8:10	Carmody

Gold

Mon	Swim 4:30-6:00 pm Dryland 6:10-6:40 pm	Ridge
Tues	4:30-6:00 pm	Ridge
Wed	Swim 4:30-6:00 pm Dryland 6:10-6:40 pm	Ridge
Thurs	4:30-6:00 pm	Ridge
Fri	SEE 2 ND PAGE FOR FRIDAY SCHEDULE	
Sat	Swim 6:30-8:00 am Dryland 8:10-8:40 am	Carmody

Senior Prep

Mon	Dryland 4:30-5:15 pm Swim 5:30-7:00 pm	Ridge
Tues	Swim 5:30-7:00 pm	Ridge
Wed	5:00-6:30 am Dryland 4:30-5:15 pm Swim 5:30-7:00 pm	Carmody Ridge
Thurs	Swim 5:30-7:00 pm	Ridge
Fri	SEE 2 ND PAGE FOR FRIDAY SCHEDULE	
Sat	Swim 6:30-8:30 am Dryland 8:40-9:25 am	Carmody

Senior

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

FRIDAY SCHEDULE THROUGH 2/8/19

During girls and boys high school seasons, we lose the Ridge space on some Friday afternoons for high school meets. On these days, we move groups to Carmody and Lilley Gulch in order to accommodate our practices. Coupled with our Friday rotational schedule, this makes for a unique Friday schedule that changes weekly. Please note that the Friday schedule below does not include PRE TEAM, COMP PREP, or SENIOR groups on Fridays as their schedule does not change.

DATE	GROUP	TIME	LOCATION
Dec. 7 th	Bronze 1	5:30-6:30 pm	LG
	Bronze 2	5:30-6:30 pm	LG
	Silver	4:30-5:30 pm	LG
	Gold	4:30-5:30 pm	LG
	Sr. Prep	4:30-6:30 pm	Carmody
Dec. 14 th	Bronze 1	5:30-6:30 pm	LG
	Bronze 2	5:30-6:30 pm	Carmody
	Silver	4:30-5:30 pm	LG
	Gold	5:30-6:30 pm	LG
	Sr. Prep	4:30-5:30 pm	Carmody
Dec 21 st	Bronze 1	4:30-5:30 pm	LG
	Bronze 2	5:30-6:30 pm	LG
	Silver	5:30-6:30 pm	Carmody
	Gold	4:30-5:30 pm	LG
	Sr. Prep	4:30-5:30 pm	Carmody
Dec. 28 th	Bronze 1	5:20-7:00 pm (w/ Dryland)	Ridge
	Bronze 2	5:20-7:00 pm (w/ Dryland)	Ridge
	Silver	4:30-6:10 pm (w/ Dryland)	Ridge
	Gold	4:30-6:40 pm (w/ Dryland)	Ridge
	Sr. Prep	5:30-7:00 pm	Ridge
Jan. 4 th	Bronze 1	5:00-6:30 pm (w/ Dryland)	LG
	Bronze 2	5:20-7:00 pm (w/ Dryland)	Ridge
	Silver	4:30-6:10 pm (w/ Dryland)	Ridge
	Gold	4:30-6:40 pm (w/ Dryland)	Ridge
	Sr. Prep	5:30-7:00 pm	Ridge
Jan. 11 th	Bronze 1	4:30-5:30 pm	Ridge
	Bronze 2	5:30-6:30 pm	LG
	Silver	4:30-5:30 pm	Ridge
	Gold	5:30-6:30 pm	Carmody
	Sr. Prep	5:30-7:00 pm	Ridge

Jan. 25 th	Bronze 1	5:30-6:30 pm	LG
	Bronze 2	5:30-6:30 pm	Carmody
	Silver	4:30-5:30 pm	LG
	Gold	5:30-6:30 pm	LG
	Sr. Prep	4:30-5:30 pm	Carmody

Feb. 1 st	Bronze 1	4:30-5:30 pm	LG
	Bronze 2	5:30-6:30 pm	LG
	Silver	5:30-6:30 pm	Carmody
	Gold	5:30-6:30 pm	LG
	Sr. Prep	4:30-5:30 pm	Carmody

Feb. 8 th	Bronze 1	4:30-5:30 pm	Ridge
	Bronze 2	5:30-6:30 pm	LG
	Silver	4:30-5:30 pm	Ridge
	Gold	5:30-6:30 pm	Carmody
	Sr. Prep	5:30-7:00 pm	Ridge