



South Lake Aquatic Club

School Year 2022-2023



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	5:15pm-6:00pm	5:15pm-6:00pm	5:15pm-6:00pm	5:15pm-6:00pm	OFF	OFF
Silver	5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm	OFF	OFF
Gold	6:15pm-7:30pm	6:15pm-7:30pm	6:15pm-7:30pm	6:15pm-7:30pm	5:15pm-6:15pm	OFF
Junior	6:00pm-7:30pm	6:00pm-7:30pm	6:00pm-7:30pm	6:00pm-7:30pm	5:15pm-6:45pm	OFF
Senior 1	3:00pm-5:15pm	3:00pm-5:15pm	2:00pm-4:00pm	3:00pm-5:15pm	5:30am-7:00am**	7:00am-9:00am
					5:15pm-6:45pm**	
Senior 2	5:30am-7:00am	3:00pm-5:15pm	5:30am-7:00am	3:00pm-5:15pm	5:30am-7:00am	7:00am-9:00am
	3:00pm-5:15pm		2:00pm-4:00pm			

Fridays Senior 1 swimmers may do either practice.