|  |  |  |
| --- | --- | --- |
| Group | Practice Times | Group Requirements |
| Senior | Mon/Wed 6:00 – 7:30pm | 5 |
|  | Tue/Thur 5:00 – 7:30 pm (Dryland 5:00 – 5:45 pm) |  |
|  | Fri 4:30 – 6:00pm |  |
|  | Tue/Thur 5:00 – 6:30 am |  |
|  | Sat 7:00 – 9:30 am |  |
|  |  |  |
| Age Group 1 | Mon/Wed 5:15 – 7:00 pm | 4 |
|  | Tue/Thur 4:15 – 7:00 pm (Dryland 4:15 – 5:00 pm) |  |
|  | Friday 4:30 – 6:00 pm |  |
|  | Tue/Thur 5:00 – 6:30 am |  |
|  | Sat 9:00 – 11:30 am |  |
|  |  |  |
| Age Group 2  | Mon, Tue, Thur 4:30 – 6:00 pm | 3 |
|  | Wed 4:15 – 6:30 pm |  |
|  | Friday 4:30 – 6:00 pm |  |
|  |  |  |
| Age Group 3 | Mon, Tue, Thur 3:45 – 5:00 pm | 3 |
|  | Wed 4:15 – 6:30 pm |  |
|  | Friday 4:30 – 6:00 pm |  |
|  |  |  |
| Age Group 4 | Mon – Thur 3:45 – 5:00 pm  | 3 |
|  | Friday 4:30 – 6:00 pm |  |
|  |  |  |
| Bronze | Mon, Tue, Thur 6:00 – 6:45 pm | 2 |
|  | Fri 4:30 – 6:00 pm |  |
|  |  |  |
| Gold | Mon, Tue, Thur 4:15 – 5:15 pm | 3 |
|  | Fri 4:30 – 6:00 pm |  |
|  |  |  |
| Silver | Mon, Tue, Thur 5:00 – 6:00 pm | 2 |
|  | Fri 4:30 – 6:00 pm |  |

\*All Practice Times are Subject to Change