

Holiday Schedule for the Woodstock Pool (Monday, 12/20-Thursday, 12/23)

There is **NO** practice Friday, 12/24 - Sunday, 1/2—except for Sect. Adv, Senior, National. *There is no Dryland 12/20-12/23., unless otherwise noted below.*

Groups	Schedule	
Intro to Gold II (1) Intro to Gold II (2)	T T	4:30-5:15PM 5:15-6:00PM
Technique and Fitness League (1) Technique and Fitness League (2) <i>older</i> Technique and Fitness League (3) Technique and Fitness League (4)	M T M T	4:00-5:00PM 6:00-7:00PM 5:00-6:00PM 6:00-7:00PM
Silver	M W	6:00-7:15PM 5:30-6:15PM
Silver Advanced	M W	6:00-7:15PM 5:30-6:15PM
Gold	M T	6:00-7:15PM 6:00-7:30PM
Gold Advanced	T W	6:00-7:30PM 5:30-6:15PM
Sectionals	M T W Th	7:15-9PM 7:30-8:45PM 6-7:30PM *5:15 Dryland 8-10am *10-10:30am Dryland
Sectionals Advanced *T,W,TH (12/28-12/30) Practice will be 5:30-7:30pm with Dryland from 5-5:30pm	M T W TH	7:15-9:00PM 7:30-8:45 6:00-7:30PM*5:15 Dryland 8-10AM *10:00-10:30 Dryland
Senior II	M W	6:00-8:00PM 6:15-7:30PM
Senior *Monday (12/27) @Mt. View, Coach Mark will tell you the time *T,W,TH (12/28-12/30) Practice 3:00-5:00pm with Dryland @5-5:30pm	M T W TH	8:00-10AM & 4:00-6:00PM 4:00-6:00PM 8:00-10AM & 4:00-6:00PM 6:00-8:00AM
National *Monday (12/27) @Mt. View, Coach Mark will tell you the time *T,W,TH (12/28-12/30) Practice 3:00-5:00pm with Dryland @5-5:30pm	M T W TH	8:00-10AM & 4:00-6:00PM 4:00-6:00PM 8:00-10AM & 4:00-6:00PM 6:00-8:00AM
<p>The week of December 27th through January 1st is off—unless marked otherwise above.</p> <p>We return to normal times on Jan. 3rd!</p>		<p>Times that are in <i>bold and italic</i> are changes from the normal practice schedule</p>