



2019 Fall Practice Schedule First Colony Area

Practice starting September 3rd

Saturday Morning Practice will start Sept 21st

Early mornings for Pre-Senior and Senior Swimmers will start on a date TBD

Competitive Team:

White A	Monday, Wednesday	5:00 - 6:00 PM	Colony Grant 8
	Friday	5:00 - 6:00 PM	Colony Grant 6
White B	Tuesday, Thursday	6:00 – 7:00 PM	Colony Grant 8
	Friday	5:00 - 6:00 PM	Colony Grant 6
Red A	Monday, Wednesday	6:00 – 7:00 PM	Colony Grant 8
	Friday	6:00 – 7:00 PM	Colony Grant 6
Red B	Tuesday, Thursday	5:00 - 6:00 PM	Colony Grant 8
	Friday	6:00 – 7:00 PM	Colony Grant 6
Blue 1 A	Monday - Thursday	5:00 - 6:15 PM	Colony Grant 8
	Saturday	8:00 – 9:15 AM	Colony Grant 6
Blue 1 B	Monday - Thursday	4:30 – 5:45PM	Aquatic Center
	Saturday	8:00 – 9:15AM	Colony Grant 6
Blue 2	Monday - Thursday	6:15 - 7:45 PM	Colony Grant 8
	Saturday	8:00 – 9:30 AM	Colony Grant 8
Age Group 1	Mon, Tues, Thurs	5:00 - 6:30 PM	Settler's Park
	Friday	5:00 - 6:15 PM	Settler's Park
	Saturdays	7:45 – 9:30 AM	New Territory
Age Group 2	Monday – Thursday	6:00 – 7:45 PM	Aquatic Center
	Friday	5:30 – 7:00 PM	Aquatic Center
	Saturday	9:15 – 11:00AM	New Territory
Age Group 3	Monday – Thursday	6:00-8:00 PM	Aquatic Center
	Friday	5:45-7:15 PM	Aquatic Center
	Saturday	8:30-11:00 AM	Aquatic Center



Competitive Team:

Pre-Senior 1	Mon - Thurs	6:15 – 8:00 PM	Settlers Park
	Friday	6:15 – 7:45 PM	Settlers Park
	Saturday	8:00 – 9:30 AM	Settlers Park
Pre-Senior 2	Monday – Thursday	5:30 – 7:45 PM	Aquatic Center
	Thursday	5:30 – 7:00 AM	Aquatic Center
	Friday	5:30 – 7:15 PM	Aquatic Center
	Saturday	8:30 – 11:00 AM	Aquatic Center
Pre-Senior 3	Monday – Thursday	5:30 – 7:45 PM	Aquatic Center
	Monday and Thursday	5:30 – 7:00 AM	Aquatic Center
	Friday	5:30 – 7:15 PM	Aquatic Center
	Saturday	8:30 – 11:00 AM	Aquatic Center
Senior 1	Monday – Thursday	3:30 – 5:45 PM	Aquatic Center
	Friday	3:30 – 5:30 PM	Aquatic Center
	Thursday	5:30 – 6:45 AM	Aquatic Center
	Saturday	6:30 – 10:00 AM	Aquatic Center
Senior 2	Monday – Thursday	3:30 – 5:45 PM	Aquatic Center
	Friday	3:30 – 5:30 PM	Aquatic Center
	Monday and Thursday	5:30 – 6:45AM	Aquatic Center
	Saturday	6:30 – 10:00 AM	Aquatic Center
Senior Elite	Monday - Thursday	3:30 - 6:00 PM	Aquatic Center
	Friday	3:30 - 5:30 PM	Aquatic Center
	Monday and Thursday	5:30 – 6:45 AM	Aquatic Center
	Saturday	6:30 - 10:00 AM	Aquatic Center