

## 2019/2020 Short Course Season Schedule

Effective : October 7, 2019

<b>Developmental</b>		M-F @ TFC (Indoor)		4:15 to 5 pm
<b>Competitive</b>		M- F @ TFC (Indoor)		5:00 to 6:00 pm
<b>Level 1</b>		M- F @ Clear Falls		5:30 to 6:30 pm
		T/Th	Drylands	6:30 to 7:00 pm
<b>Level 2</b>		M-W-F @ Clear Falls		6:30 to 8:00 pm
		T/Th @ Falls		6:30 to 7:30 pm
		T/Th @ Falls	Drylands	6:00 to 6:30 pm
		Saturday @ TFC		12:00 - 1:30 pm
<b>AM Practice Schedule:</b>				
<b>EFFECTIVE 9/3/2019</b>		T/Th @ TFC		5:30 – 7.00am
<b>TechFit</b>		M/W/F @ Creek		6:15 to 7:30 pm
		T/Th @ TFC		7:00 to 8:00 pm
		T/Th @ TFC	Drylands	6:30 to 7:00 pm
<b>AM Practice Schedule:</b>		Saturday @ TFC		8:30 to 10:00 am
<b>EFFECTIVE 9/3/2019</b>		T/Th @ TFC		5:30 to 7:00 am
<b>Level 3</b>		M-F @ TFC		5:30 to 7:00 pm
		T/Th @TFC	Drylands	5:00 to 5:30 pm
<b>AM Practice Schedule:</b>		Saturday @ TFC		8:30 to 10:00 am
<b>EFFECTIVE 9/3/2019</b>		T/Th @ TFC		5:30 to 7:00 am
<b>Senior</b>		M/W @ TFC		4:00 to 5:30 pm
		T/Th/Fr @ TFC		3:15 to 5:30 pm
		M/W @ TFC	Drylands/Weight Training	3:00 to 4:00 pm
<b>AM Practice Schedule:</b>		Saturday @ TFC		10:00 to 12:00 pm
<b>EFFECTIVE 9/3/2019</b>			Drylands	9:00 to 10:00 am
		T/Th @ TFC		5:30 to 7:00 am