

CATS Aquatic Team
Fall/Winter Schedule 2019-2020

AS OF 7/09/2019

BLUE TEAM		M	T	W	TH	F	SAT
8 & Under							
	Pool	5:30-6:30pm @ VHHS	OFF	5:30-6:30pm @ VHHS	OFF	5:30-6:30pm @ VHHS	OFF

ORANGE TEAM		M	T	W	TH	F	SAT
9-10							
	Pool	6:30-7:30pm @ VHHS	OFF	6:30-7:30pm @ VHHS	5:30-6:30pm @ LHS	6:30-7:30pm @ VHHS	off
	Dryland	6:00-6:30pm @ VHHS Or 7:30-8:00pm @ VHHS				6:00-6:30pm @ VHHS Or 7:30-8:00pm @ VHHS	

SILVER TEAM		M	T	W	TH	F	SAT
11-12							
	Pool	5:30-7:00 pm or 630-8:00pm @ LHS	5:30-7:00pm @ VHHS	5:30-7:00 pm or 630-8:00pm @ LHS	5:30-7:00 pm or 630-8:00pm @ LHS	5:30-7:00 pm or 630-8:00pm @ LHS	
	Dryland	4:45-5:30pm or 5:45-6:30pm @ LHS	4:45-5:30pm @ VHHS		4:45-5:30pm or 5:45-6:30pm @ LHS		

GREEN TEAM		M	T	W	TH	F	SAT
13-14							
	Practice	5:30-7:15pm @ LHS	5:30-7:15pm @ LHS	5:30-7:15pm @ LHS	5:30-7:30pm @ VHHS	5:30-7:15pm @ LHS	6:30-8:00am @ LHS
	Dryland	4:30-5:30pm @ LHS	4:30-5:30pm @ LHS	4:30-5:30pm @ LHS		4:30-5:30pm @ LHS	

GOLD TEAM		M	T	W	TH	F	SAT
15 and Over							
	Practice	5:30-7:30pm @ LHS or 7:00-9:00pm @ LHS	5:30-7:30pm @ LHS or 7:00-9:00pm @ LHS	5:30-7:30pm @ LHS or 7:00-9:00pm @ LHS	5:30-7:30pm @ LHS or 7:00-9:00pm @ LHS	5:30-7:30pm @ LHS or 7:00-9:00pm @ LHS	6:30-8:00am @ LHS
	Dryland	4:30-5:30pm or 6-7pm @LHS	4:30-5:30pm or 6-7pm @LHS	4:30-5:30pm or 6-7pm @LHS	4:30-5:30pm or 6-7pm @LHS	4:30-5:30pm or 6-7pm @LHS	

13 And Over Conditioning		M	T	W	TH	F	SAT
13 and Over							
	Practice	7:30-8:45pm @ VHHS		7:30-8:45pm @ VHHS	6:30-7:45pm @ LHS		