

Dec. 6th - 11th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High School Boys: Weights no practice High School Girls: Swim no practice	High School Boys: Swim 5:00 – 7:00 High School Girls: 3:00 – 5:00 Weights 5:15 - 6:30 AM	High School Boys: Swim 3:00 - 5:00 High School Girls: 3:00 - 5:00 Weights NONE	High School Boys: 3:00 – 5:00 High School Girls: 5:00 – 7:00 AM swim: 5:15 - 6:45AM	High School Boys: 3:00 - 5:00 High School Girls: 3:00 - 5:00 Weights NONE	High school Combined 7:00 - 9:00 weights: 9:30 - 10:45	
Blue: 3:00 - 5:00	Blue: 3:00 - 5:00 (5:45)	Blue: 5:15 - 6:45 AM 3:00 - 5:00 PM	Blue: (5:45) 6:30 - 8:15	Blue: 3:00 - 4:30	Middle School Combined 9:00 - 10:30 Summit	
Red: 3:00 - 4:30 (5:15)	Red: 5:00 - 6:30	Red: 6:15 - 7:45	Red: 3:00 - 4:30 (5:15)	Red: 5:00 - 6:30	Middle School Combined 9:00 - 10:30 Summit	
Yellow no practice	Yellow no practice	Yellow 5:00 -6:30 (7:15)	Yellow 5:00 - 6:30	Yellow 5:00 - 6:30	Elementary Combined 10:30 - 12:00 Summit	
Green: no practice	Green: 6:30 - 7:45	Green: (4:30) 5:00 - 6:15	Green: no practice	Green: 5:00 - 6:15	Elementary Combined 10:30 - 12:00 Summit	
Exploration 1 no practice	Exploration 1 no practice	Exploration 1 5:00 - 6:00	Exploration 1 no practice	Exploration 1 5:00 - 6:00	Exploration 1 9:00 - 10:00	
Exploration 2 no practice	Exploration 2 no practice	Exploration 2 6:00 - 7:00	Exploration 2 no practice	Exploration 2 5:00 - 6:00	Exploration 2 9:00 - 10:00	

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