

2021-22 WA Practice Schedule						
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR1	6:15-7:45 am swim 4:00-7:00 swim & dry	4:00-6:00 pm	5:45-8:15 am swim 4:00-5:00 dryland	4:00-6:00 pm	6:15-7:45 am 4:00-6:00 pm	7:00-9:00 am 9:00-10:00 am dry
AG Elite	4:00-6:00pm	4:00-5:45pm swim 5:45-6:30pm Dry	4:00-6:00 pm	4:00-5:45pm swim 5:45-6:30pm Dry	4:00-6:00 pm	7:00-9:00 am 9:00-10:00 dry (w. SR)
AG1	5:30(dry)-6:00-7:30pm	6:00-7:30pm	4:00 (dry)-4:30-6:00 pm	6:00-7:30pm	6:00-7:30pm	9:00-10:30am
AG2	6:45-7:45 pm	6:30-7:30 pm	6:00-7:00pm	off	6:00-7:00 pm	9:00-10:00 am w. AG1
DEV	6:00-6:45 pm	off	6:00-6:45 pm	6:30-7:15 pm	6:00-7:00 pm w. AG2	

* This schedule is subject to change based on staffing and pool/weightroom needs.