

BAC PROGRAM & BGH PRACTICE SCHEDULE

June 27th - September 4th

TIME (AM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (AM)	SATURDAY	SUNDAY
6:00	MEMBERS					6:00		
6:30	MEMBERS					6:30		
7:00	MEMBERS					7:00	ADULT SWIM LESSONS	MEMBERS
7:30	MEMBERS					7:30	MEMBERS	
8:00	PLAT/GOLD	SILVER	GREEN	MEMBERS		8:00		
8:30	PLAT/GOLD	SILVER	GREEN	PLAT/GOLD	SILVER	GREEN	SILVER	GREEN
9:00		BRONZE	PURPLE / POD		BRONZE	PURPLE / POD		
9:30							BRONZE	PURPLE / POD
10:00		LESSONS					LESSONS	
10:30	MEMBERS			MEMBERS	PLAT/GOLD		LESSONS	
11:00	MEMBERS						SSF	
11:30	MEMBERS						SSF	
TIME (PM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (PM)	SATURDAY	SUNDAY
12:00	AEROBICS					12:00		
12:30	AEROBICS					12:30	MEMBERS	
1:00						1:00	MEMBERS	
1:30		HIGHLAND	MLK		ABSECON	MLK		
2:00				ARTHRITIS/YOGA				
2:30								
3:00								
3:30								
4:00								
4:30	PLAT/GOLD	SILVER	GREEN		SSF	LESSONS		
5:00	PLAT/GOLD	SILVER	GREEN	PLAT/GOLD	SILVER	GREEN	PLAT/GOLD	SILVER
5:30	PLAT/GOLD	SILVER	GREEN	PLAT/GOLD	SILVER	GREEN	PLAT/GOLD	SILVER
6:00	BRONZE	PURPLE / POD	BGH Swim Meet (July ONLY)	BRONZE	PURPLE / POD	BRONZE	PURPLE / POD	
6:30								
7:00	LESSONS			AEROBICS	MEMBERS			
7:30	LESSONS			LESSONS	AEROBICS	MEMBERS		
8:00					ADULT SWIM LESSONS			
8:30								
9:00								

All blocks are 30 minutes long unless otherwise stated.

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BGH NOTES

06/27/22: New Practice Schedule Starts

Swim BAC sessions for all BAC swim meets no practice those nights.

Dryland with Samia every Saturday except on swim meet days through 08/06.

Please only attend your assigned practice based on your **scheduled time** & **Roster Group**. See "Roster Groups (06/27 - 09/04)" tab.

CHECK the GOOGLE CALENDAR before coming to practice!