

OC Fall-Spring Practice Schedule

Session Start: Tuesday, 9/3/2019 / Session End: Saturday, 5/30/2020

Developmental 1(A) - 3 Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	5-6pm	--	--	5-6pm	--	7-8am
Dryland	--	--	--	--	--	--

Developmental 1(B) - 3 Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	--	--	5-6pm	--	5-6pm	7-8am
Dryland	--	--	--	--	--	--

Developmental 2 - 4 Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	--	--	5-6pm	5-6pm	5-6pm	8-9am
Dryland	--	--	--	--	--	--

Bronze - 4 Swim / 2 Dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	5-6pm	--	6-7:30pm	--	6-7:30pm	7-9am
Dryland	4:30-5pm	--	--	--	5-5:45pm	--

Silver - 5 Swim / 3 Dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	6-7:30pm	5-6:30pm	--	6-7:30pm	6-7:30pm	7-9am
Dryland	5-5:45pm	4:30-5pm	--		5-5:45pm	--

Gold - 6 Swim / 5 Dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	5-7pm	5-6:30pm	5-7pm	5-7pm	5-7pm	--
Dryland	4:30-5pm	4:30-5pm	4:30-5pm	4:30-5pm	4:30-5pm	--

*Refer to location practice disclosure. OC High School has priority of pool use for meets during HS Swim Season. Saturday practice sessions November thru February could be suspended.