



## ELITE PERFORMANCE AQUATIC CLUB

### 2019- 20 Practice Schedules

Practices are held at the Central Penn Fitness Center located at 450 Powers Ave # 103, Harrisburg, PA 17109

Below is a snapshot of both our dryland and in-water practice sessions. You should always consult your child's practice level-specific calendar on our website for the most accurate practice days and times.

#### Swim Practice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Red</b>	6:00 - 7:00 PM	OFF	6:00 - 7:00 PM	OFF	6:00 - 7:00 PM	OFF
<b>White</b>	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	OFF
<b>Blue</b>	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	OFF
<b>Bronze</b>	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	8:30 - 10 AM*
<b>Silver</b>	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	8:30 - 10 AM*
<b>Gold/HS</b>	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	7:00 - 8:30 PM	8:30 - 10 AM*

\* Saturday practices are offered August – March only

#### Dryland Training (Winter Season Only)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>White</b>	7:15 - 7:45 PM	OFF	7:15 - 7:45 PM	OFF	OFF	OFF
<b>Blue</b>	7:15 - 7:45 PM	OFF	7:15 - 7:45 PM	OFF	OFF	OFF
<b>Bronze</b>	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	OFF
<b>Silver</b>	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	OFF
<b>Gold/HS</b>	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	6:00 - 6:45 PM	OFF

Bronze, Silver and Gold/High School practices begin on 8/26/19.

Red, White and Blue group begin on 9/09/19.