



GPAC – Riverwinds Site Practice Schedule

<i>GROUP</i>	MON	TUES	WED	THURS	FRI	SAT	SUN
SENIOR	RW 5-7PM	RW 6-8PM	RW 5-7PM	RW 6-8PM	RW 5-7PM	RW 8-10AM	OFF
PRE-SENIOR	RW 5-7PM	RW 6-8PM	RW 5-7PM	RW 6-8PM	RW 5-7PM	RW 8-10AM	OFF
GOLD	RW 6:30-8PM	OFF	RW 6:30-8PM	OFF	RW 6:30-8PM	RW 10-11:30AM	OFF
SILVER	RW 7-8PM	OFF	RW 7-8PM	OFF	RW 6:45-7:45PM	RW 10-11:30AM	OFF
BRONZE	RW 7-8PM	OFF	RW 7-8PM	OFF	RW 6:45-7:45PM	OFF	OFF
MINI	RW 7-8PM	OFF	RW 7-8PM	OFF	RW 6:45-7:45PM	OFF	OFF
Technique & Fitness	OFF	RW 5-6PM	OFF	RW 5-6PM	OFF	RW 10-11AM	OFF

*Practice will run at the times listed above unless notified by the coaching staff.