

# GPAC PRACTICE SCHEDULE

GCIT SITE - SEPT-MID NOVEMBER (DEPENDING ON START OF HS SWIM SEASON)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL	5-6:45 AM	4-7:15 PM	5-6:45 AM	4-7:15 PM	4-6:30 PM	7-10:45 AM
	4-6:30 PM		4-6:30 PM			
PLATINUM A	4-6 PM	4-7 PM	4-6 PM	4-7 PM	4-6 PM	7-10 AM
PLATINUM B	7:15-9 PM	7:15-9 PM	7:15-9 PM	7:15-9PM	OFF	7-9 AM
GOLD 2	6:30-8:15 PM	6:30-8:15 PM	6:30-8:15 PM	6:30-8:15 PM	6:30-8:15 PM	9:30-11:15 AM
GOLD 1	6:30-8 PM	6:30-8 PM	6:30-8 PM	6:30-8 PM	6:30-8 PM	9:30-11:15 AM
SILVER	6-7:15 PM	6-7:15 PM	6-7:15 PM	OFF	6-7:15 PM	10-11:15 AM
BRONZE	5:30-6:30 PM	OFF	5:30-6:30 PM	OFF	5:30-6:30 PM	9-10 AM
MINI/INTRO	OFF	5-6 PM	OFF	5-6 PM	OFF	10-11 AM