



ROCKLAND PRACTICE SCHEDULE

September - 2022

Families must routinely check the Google Calendar for changes to the regular schedule!

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Future Stars	8:00-8:30 pm @ Festa		8:00-8:30 pm @ Festa		8:00-8:30 pm @ Festa		5:00-6:00pm @ Festa
Bronze	8:00-9:00pm @ Festa		8:00-9:00pm @ Festa		8:00-9:00pm @ Festa		5:00-6:00pm @ Festa
Junior Varsity	8:30-9:30 pm @ Festa		8:30-9:30 pm @ Festa		8:30-9:30 pm @ Festa		7:00-8:00pm @ Festa
Silver	8:00-9:30pm @ Festa		8:00-9:30pm @ Festa		8:00-9:30pm @ Festa		6:30-8:00pm @ Festa
Gold	8:00-10:00pm @ Festa	5:45-7:00pm @ RCC	8:00-10:00pm @ Festa	5:45-7:00pm @ RCC	8:00-10:00pm @ Festa		6:00-7:30pm @ Festa
Gold Elite	8:00-10:00pm @ Festa	5:45-7:00pm @ RCC	8:00-10:00pm @ Festa	5:45-7:00pm @ RCC	8:00-10:00pm @ Festa		6:00-8:00pm @ Festa
Senior Prep	8:00-10:00pm @ Festa	5:45-7:00pm @ RCC	8:00-10:00pm @ Festa	5:45-7:00pm @ RCC	8:00-10:00pm @ Festa		6:00-8:00pm @ Festa
Senior 1	8:00-10:00pm @ Festa	7:00-9:00pm @ RCC	8:00-10:00pm @ Festa	7:00-9:00pm @ RCC	8:00-10:00pm @ Festa		5:00-7:00pm @ Festa
Senior	8:00-10:00pm @ Festa	7:00-9:00pm @ RCC	8:00-10:00pm @ Festa	7:00-9:00pm @ RCC	8:00-10:00pm @ Festa		5:00-8:00pm @ Festa

***Senior Dryland will remain at Iron Fist on Monday and Wednesday from 4:00-4:50 pm.**

***Senior AM's will start in October.**

***Continuing Senior Varsity swimmers will be placed in other groups.**