

GOAL Practice Schedule, Fall/Winter 2019 - Spring 2020 Seasons

Pools:

CSM = College of St. Mary's 72nd St. & Cedar (1 block north of Mercy Rd.)

MB = Mockingbird Community Center 10242 Mockingbird Dr. (4 blocks south of L St.)

MC = Montclair Community Center 2304 S. 135th Ave. (4 blocks north of W. Center Rd.)

Burke = Burke H.S. SW corner of 120th & Dodge

Penguin Group:

Aug. 19, 2019 – May 30, 2020 MC closed Aug. 26-Sep. 15, alternate locations TBA. No Practices on: Sep. 2, Nov. 28, Dec. 24-26, Jan. 1, Mar. 23-29					
Mon	Tue	Wed	Thur	Fri	Sat
5:45-6:45 PM & 6:45-7:45 PM at MC	5:45-6:45 PM & 6:45-7:45 PM at MC	5:45-6:45 PM & 6:45-7:45 PM at MC	5-6 PM at MB	5:45-6:45 PM at MC	9-10 AM at CSM

Summer Schedule starting Mon. June 1 TBA

Dolphin/Piranha Group:

Aug. 19, 2019 – May 30, 2020 MC closed Aug. 26-Sep. 15, alternate locations TBA. No Practices on: Sep. 2, Nov. 28, Dec. 24-26, Jan. 1, Mar. 23-29					
Mon	Tue	Wed	Thur	Fri	Sat
5:30-6:45 PM & 6:30-7:45 PM at MC	5:30-6:45 PM & 6:30-7:45 PM at MC	5:30-6:45 PM & 6:30-7:45 PM at MC	4:45-6 PM at MB	5:30-6:45 PM & 6:30-7:45 PM at MC	8:45-10 (Piranhas only) and 9:45-11 AM at CSM

Summer Schedule starting Mon. June 1 TBA

Shark Group:

Aug. 19, 2019 – May 30, 2020 No practices on: Sep. 2, Nov. 28, Dec. 24-26, Jan. 1, Mar. 23-29					
Mon	Tue	Wed	Thur	Fri	Sat
6:15-8:00 PM at Burke	6:15-8:00 PM at Burke	6:15-8:00 PM at Burke	6:15-8:00 PM at Burke	6:00-7:45 PM at Burke	7-8:45 AM at CSM

****Note – Sharks will possibly be on a different schedule during the H.S. swim season (Nov. 18 – Feb. 28) due to the h.s. team's practice schedule. This will likely change to a bit later in the evening during that period.**

Senior Group:

Aug. 19, 2019 – Nov. 16, 2019 No practices on: Sep. 2; MC closed Aug. 26-Sep. 15, alternate locations TBA. Senior group does not practice during the h.s. swim season (Nov. 18-Feb. 28)					
Mon	Tue	Wed	Thur	Fri	Sat
4-5:45 PM at MC	4-5:45 PM at MC	5:50-7 AM at CSM (1 st Wed. AM practice Aug. 28) & 4-5:45 PM at MC	4-5:45 AM at MC	4-5:45 AM at MC	7-8:45 AM at CSM

Mar. 2 – May 30 No Practices on: Mar. 23-29					
Mon	Tue	Wed	Thur	Fri	Sat
4-5:45 PM at MC	4-5:45 PM at MC	5:50-7 AM at CSM (1 st Wed. AM practice Aug. 28) & 4-5:45 PM at MC	4-5:45 PM at MC	4-5:45 PM at MC	7-8:45 AM at CSM

Summer Schedule starting Mon. June 1 TBA

Senior-National Group:

Aug. 19, 2019 – Nov. 16, 2019 No practices on: Sep. 2; Senior-National group does not practice during the h.s. swim season (Nov. 18-Feb. 28)

Mon	Tue	Wed	Thur	Fri	Sat
TBA	TBA	5:50-7 Am at CSM (1 st Wed. Am practice Aug. 29) & 4-6 Pm at MC	TBA	TBA	TBA

Feb. 25 – May 25 No Practices on: Mar. 18-23

Mon	Tue	Wed	Thur	Fri	Sat
TBA	TBA	5:50-7 Am at CSM (1 st Wed. Am practice Aug. 29) & 4-6 Pm at MC	TBA	TBA	TBA

Summer Schedule starting Mon. June 1 TBA

Senior-Elite Group: This practice group will be filled by a selection process, and may not start until Sep. 1, with practice schedule TBA. All current Senior-Nationals should register as Senior-Nationals.