

2020-2021 General Practice Schedule

Senior	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PCN	PCN	PCN	PCN	PCN	PCN
Arrive @	4:40p	3:45p	4:40p	3:45p	4:40p	8:10a
Weights		4-5p		4-5p		10:30-11:30a
Swim	5-6:45p	5-6:30p	5-6:45p	5-6:30p	5-6:30p	8:30-10:30a
Dry-land	6:45-7:15p		6:45-7:15p			
Pick-up by	7:30p	6:45p	7:30p	6:45p	6:45p	11:45p
Blue	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PCN	PCN	PCN	PCN	PCN	PCN
Arrive @	4:40p	5:40p	5:55p	3:45p	4:40p	8:10a
Weights				4-5p		
Swim	5-6:45p	6:30-7:45p	6:15-7:45p	5-6:30p	5-6:30p	8:30-10a
Dry-land		6-6:30p				10-10:30a
Pick-up by	7:00p	8:00p	8:00p	6:45p	6:45p	10:45p
Hurricane	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PCS	PCN	PCS	PCN	PCS	PCN
Arrive @	4:40p	5:40p	4:40p	5:40p	4:40p	8:10a
Swim	5-6:30p	6:30-7:45	5-6:30p	6:30-7:45	5-6:30p	8:30-10a
Dry-land		6-6:30		6-6:30		10-10:30a
Pick-up by	6:45p	8:00p	6:45p	8:00p	6:45p	10:45p
Orange	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PCN	PCN	PCN	PCN		PCN
Arrive @	5:55p	4:40p	4:40p	5:40p		9:40a
Swim	6:45-7:45p	5-6:30p	5-6:15p	6:30-7:45		10-11:30a
Dry-land	6:15-6:45			6-6:30		
Pick-up by	8:00p	6:45p	6:30p	8:00p		11:45p
Typhoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PCN	PCS	PCN	PCS		PCN
Arrive @	5:55p	4:40p	5:55p	4:40p		9:40a
Swim	6:45-7:45p	5-6:15p	6:45-7:45p	5-6:15p		10-11:30a
Dry-land	6:15-6:45		6:15-6:45			
Pick-up by	8:00p	6:30p	8:00p	6:30p		11:45p