



Practice Schedule - January 1st to May 30th

<u>Groups</u>		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>National</b>	Swim	5:30 - 7:15pm	4 - 5:45pm	5:30 - 7:15pm	4 - 5:45pm 6:30 - 8am	5:30 - 7:15pm		3:30 - 5:30pm
<b>Pre-National</b>	Swim	5:30 - 7:15pm	4 - 5:45pm	5:30 - 7:15pm	4 - 5:45pm	5:30 - 7:15pm		3:30 - 5:30pm
<b>Platinum</b>	Swim	5:30 - 7:15pm	4 - 5:45pm	5:30 - 7:15pm	4 - 5:45pm	5:30 - 7:15pm		3:30 - 5pm
<b>Senior 4</b>	Swim	5:30 - 7:15pm		5:30 - 7:15pm		5:30 - 7:15pm		3:30 - 5pm
<b>Gold</b>	Swim	5:30 - 7:15pm	4:15 - 5:30pm	5:30 - 7:15pm	4:15 - 5:30pm	5:30 - 7:15pm	9:15 - 11:15am	
<b>Silver</b>	Swim	5:30 - 7pm	4:15 - 5:30pm	5:30 - 7pm	4:15 - 5:30pm	5:30 - 7pm	9:15 - 10:45am	
<b>Bronze</b>	Swim	6:25 - 7:15pm		6:25 - 7:15pm		5:30 - 7pm	9:15 - 10:15am	