

**MOR PRACTICE SCHEDULE – April 2021**

\*updated 4/6\*

North Raleigh							
Mar29-Apr4	Mon. 3/29	Tues. 3/30	Wed. 3/31	Thurs. 4/1	Fri. 4/2	Sat. 4/3	Sun. 4/4
Senior Elite	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Senior A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Senior B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Pre-Senior	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG3 Black	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG3 Silver A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG3 Silver B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 2 A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 2 B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 1 A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 1 B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
MOR IN MAY							
Swim Lessons							
April5-11	Mon. 4/5	Tues. 4/6	Wed. 4/7	Thurs. 4/8	Fri. 4/9	Sat. 4/10	Sun. 4/11
Senior Elite	No AM	No Practice	No AM	No Practice	No AM	6:00-8:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm GWC		
Senior A	4:00-5:30pm GWC	5:30-7:15pm WV	5:30-7:15pm WV	3:45-5:30pm WV	3:45-5:30pm WV	11:45a-1:45p RAV	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:30-7:15pm WV	5:30-7:15pm WV	1:45-3:45p RAV	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	6:50-8:20pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	5:30-6:50pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	8:00-9:30am RAV	No Practice
AG 2	5:45p-7:00pm RAV	No Practice	5:45p-7:00pm RAV	No Practice	5:45p-7:00pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	No Practice	No Practice	5:30-6:15pm GWC	No Practice	8:30-9:15am GWC	8:30-9:15am GWC
AG 1 B	No Practice	No Practice	No Practice	6:15-7:00pm GWC	No Practice	8:30-9:15am GWC	8:30-9:15am GWC
MOR IN MAY A						9:15-10:00am GWC	9:15-10:00am GWC
MOR IN MAY B						10:05-10:50am GWC	10:05-10:50am GWC
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC

April 12-18	Mon. 4/12	Tues. 4/13	Wed. 4/14	Thurs. 4/15	Fri. 4/16	Sat. 4/17	Sun. 4/18
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:00-8:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm GWC		
Senior A	3:45-5:30pm WV	5:30-7:15pm WV	5:30-7:15pm WV	3:45-5:30pm WV	3:45-5:30pm WV	11:45a-1:45p RAV	No Practice
Senior B	5:30-7:15pm WV	3:45-5:30pm WV	3:45-5:30pm WV	5:30-7:15pm WV	5:30-7:15pm WV	1:45-3:45p RAV	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm RAV	5:00-6:30am RAV	6:50-8:20pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	6:30-7:50pm RAV	5:30-6:45pm RAV	6:30-7:50pm RAV	5:30-6:50pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver	4:15-5:30pm GWC	4:45-6:15pm RAV	4:15-5:30pm GWC	4:45-6:15pm RAV	4:15-5:45pm RAV	8:00-9:30am RAV	No Practice
AG 2	5:40-6:40pm GWC	No Practice	5:40-6:40pm GWC	No Practice	5:45p-7:00pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	No Practice	8:30-9:15am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	8:30-9:15am GWC	No Practice
MOR IN MAY A						9:15-10:00am GWC	9:15-10:00am GWC
MOR IN MAY B						10:05-10:50am GWC	10:05-10:50am GWC
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC
April 19-25	Mon. 4/19	Tues. 4/20	Wed. 4/21	Thurs. 4/22	Fri. 4/23	Sat. 4/24	Sun. 4/25
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:00-8:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm GWC		
Senior A	4:00-5:30pm GWC	5:30-7:15pm WV	5:30-7:15pm WV	3:45-5:30pm WV	3:45-5:30pm WV	11:45a-1:45p RAV	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:30-7:15pm WV	5:30-7:15pm WV	1:45-3:45p RAV	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	6:50-8:20pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	5:30-6:50pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	8:00-9:30am RAV	No Practice
AG 2	5:45p-7:00pm RAV	No Practice	5:45p-7:00pm RAV	No Practice	5:45p-7:00pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	No Practice	8:30-9:15am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	8:30-9:15am GWC	No Practice
MOR IN MAY A						9:15-10:00am GWC	9:15-10:00am GWC
MOR IN MAY B						10:05-10:50am GWC	10:05-10:50am GWC
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC

April26-May2	Mon. 4/26	Tues. 4/27	Wed. 4/28	Thurs. 4/29	Fri. 4/30	Sat. 5/1	Sun. 5/2
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:00-8:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm GWC		
Senior A	400-5:30pm GWC	5:30-7:15pm WV	5:30-7:15pm WV	3:45-5:30pm WV	3:45-5:30pm WV	11:45a-1:45p RAV	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:30-7:15pm WV	5:30-7:15pm WV	1:45-3:45p RAV	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	6:50-8:20pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	5:30-6:50pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	8:00-9:30am RAV	No Practice
AG 2 A	5:45p-7:00pm RAV	No Practice	5:45p-7:00pm RAV	No Practice	5:45p-7:00pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	No Practice	8:30-9:15am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	8:30-9:15am GWC	No Practice
MOR IN MAY A						No MIM	No MIM
MOR IN MAY B						No MIM	No MIM
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC