

JANUARY 2023 PRACTICE SCHEDULE (tentative)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 9:00-11:00am	3 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	4 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Sen/Nat-5:40-7am	5 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	6 Senior/Nat- 5:45-7:15am	7
8	9 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Sen/Nat-5:40-7am	10 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	11 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Sen/Nat-5:40-7am	12 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	13 Category 5	14 Category 5
15 Category 5	16 No Practice	17 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	18 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Sen/Nat-5:40-7am	19 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	20 Senior/Nat- 5:45-7:15am	21
22	23 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Sen/Nat-5:40-7am	24 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	25 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Sen/Nat-5:40-7am	26 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm	27 Senior/Nat- 5:45-7:15am	28 Minot
29 Minot	30 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm Senior/Nat 5:40-7am	31 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:15pm				

This is the practice schedule for the month of January, there may be changes and if there are I will let you know as quickly as possible. Any questions, please email me at coachsteele@aquastormswimming.com.