

2021-22 BAC SPRING PRACTICE SCHEDULE

POOL PRACTICE GROUP	PODS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	DRY LAND / YOGA SCHEDULE (Virtual or Physical)
SENIOR SQUAD		5:30 - 6:45am 3:45 - 5:45pm	off 3:45 - 5:45pm	off 3:45 - 5:45pm	off 3:45 - 5:45pm	5:30 - 6:45am 3:45 - 5:45pm	7:00 - 9:30am off	off off	TUE THU 6:00 - 6:30pm
JUNIOR SQUAD 1	8th Grade & Under	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	9:00 - 10:30am	off	TUE THUR 5:10 - 5:40pm
JUNIOR SQUAD 2	High School	3:45 - 5:15pm	3:45 - 5:15pm	3:45 - 5:15pm	3:45 - 5:15pm	3:45 - 5:15pm	9:00 - 10:30am	off	MON WED 5:30 - 6:00pm
JUNIOR SQUAD FLEX	All Ages	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	9:00 - 10:30am	off	MON WED 6:40 - 7:10pm
AG PERFORMANCE 1	All Ages	5:15 - 6:00pm	5:15 - 6:00pm	5:15 - 6:00pm	5:15 - 6:00pm	5:15 - 6:00pm	off	off	FRIDAY 4:40 - 5:10pm
AG PERFORMANCE 3	All Ages	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	off	off	FRIDAY 6:10 - 6:40pm
AG DEVELOPMENT 1	10 & Under	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	off	off	off	none
TYM Mon/Wed/Fri	9 & Under	6:15 - 6:45pm	off	6:15 - 6:45pm	off	6:00 - 6:45pm	off	off	none
TYM Mon/Wed/Fri	12 & Under	7:00 - 7:30pm	off	7:00 - 7:30pm	off	6:00 - 6:45pm	off	off	none
TYM Tues/Thurs/Fri	9 & Under	off	6:15 - 6:45pm	off	6:15 - 6:45pm	6:00 - 6:45pm	off	off	none

*Snr and Jnr Schedule will vary and be updated / posted throughout the year.
The 2022 Summer Morning Schedule will be posted in the spring. The Summer Schedule runs once school ends until through July.*

2022 BAC Tentative SUMMER PRACTICE SCHEDULE

GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	DRY LAND / YOGA
SENIOR SQUAD	Mornings	6:15-8:00 NPCP	6:15-8:00 NPCP	6:15-8:00 NPCP	6:15-8:00 NPCP	6:15-8:00 NPCP	6:15-8:00 NPCP	off	TBD
	PM Doubles	3:30 - 5:30pm	3:30 - 5:30pm	3:30 - 5:30pm	3:30 - 5:30pm	3:30 - 5:30pm	off	off	
JUNIOR SQUAD	All Ages	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	off	
AG PERFORMANCE	All Ages	7:45 - 9:00am	7:45 - 9:00am	7:45 - 9:00am	7:45 - 9:00am	7:45 - 9:00am	off	off	
AG DEVELOPMENT	10 & Under	7:45 - 9:00am	7:45 - 9:00am	7:45 - 9:00am	7:45 - 9:00am	7:45 - 9:00am	off	off	
TYM	12 & Under	7:45 - 8:30am	7:45 - 8:30am	7:45 - 8:30am	7:45 - 8:30am	off	off	off	