

2021-22 BAC PRACTICE SCHEDULE

POOL PRACTICE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		DRY LAND / YOGA
GROUP										SCHEDULE
PODS										(Virtual or Physical)
SENIOR SQUAD		5:30 - 6:45am	off	off	off	5:30 - 6:45am	7:00 - 9:00am	off		
		3:45 - 5:45pm	3:45 - 5:45pm	3:45 - 5:45pm	3:45 - 5:45pm	3:45 - 5:45pm	off	off		Mon/Fri/Sat
JUNIOR SQUAD 1	8th Grade & U	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		Mon/Fri/Sat
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	7:45 - 9:15am	off		Mon/Fri/Sat
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	9:15 - 10:45am	off		Mon/Fri/Sat
AG PERFORMANCE 1	11 & Under	5:15 - 6:00pm	5:15 - 6:00pm	5:15 - 6:00pm	5:15 - 6:00pm	5:15 - 6:00pm	off	off		TBA
AG PERFORMANCE 2	12 & Under	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	off	off		TBA
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		TBA
AG DEVELOPMENT 1	All Ages	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	off	off	off		TBA
AG DEVELOPMENT 2	All Ages	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	off	off	off		TBA
TYM Tues/Thurs/Fri	9 & Under	off	6:00 - 6:30pm	off	6:00 - 6:30pm	6:00 - 6:45pm	off	off		none
TYM Mon/Wed/Fri	9 & Under	6:00 - 6:30pm	off	6:00 - 6:30pm	off	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.*