

## 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 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 & 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		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 2	All Ages	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	off	off		FRIDAY 5:25 - 5:55pm
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	All Ages	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	6:00 - 6:45pm	off	off	off		none
AG DEVELOPMENT 2	All Ages	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	6:45 - 7:30pm	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	9 & 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.*