

SENIOR - JUNIOR A PRACTICE SCHEDULE							
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES
Monday	25-Apr	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	26-Apr	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	27-Apr	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	28-Apr	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	29-Apr	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	30-Apr	7:00 - 9:30AM	OFF	OFF	9:00 - 10:30AM	9:00 - 10:30AM	WAHOO WEEKEND - J1
Sunday	1-May	OFF	OFF	OFF	OFF		
Monday	2-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	3-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	4-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	5-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	6-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	7-May	7:00 - 9:30AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	8-May	OFF	OFF	OFF	OFF	OFF	
Monday	9-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	10-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	11-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	12-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	13-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	14-May	7:00 - 9:30AM	OFF	OFF	OFF	OFF	BAC SPLASH AND DASH
Sunday	15-May	OFF	OFF	OFF	OFF	OFF	BAC SPLASH AND DASH
Monday	16-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	17-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	18-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	19-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	20-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	21-May	7:00 - 9:30AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	22-May	OFF	OFF	OFF	OFF	OFF	
Monday	23-May	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	24-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	25-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	26-May	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	27-May	OFF	OFF	OFF	OFF	OFF	MEMORIAL DAY @ BAC
Saturday	28-May	OFF	OFF	OFF	OFF	OFF	MEMORIAL DAY @ BAC
Sunday	29-May	OFF	OFF	OFF	OFF	OFF	MEMORIAL DAY @ BAC
Monday	30-May	OFF	OFF	OFF	OFF	OFF	
Tuesday	31-May	BAC 3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	1-Jun	BAC 3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	2-Jun	BAC 3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	3-Jun	BAC 3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	4-Jun	BAC 7:00 - 9:30AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	5-Jun	OFF	OFF	OFF	OFF	OFF	
Monday	6-Jun	NPCP 3:45 - 6:00PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	7-Jun	BAC 3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	8-Jun	NPCP 3:45 - 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	9-Jun	NPCP 3:45 - 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	10-Jun	NPCP 3:45 - 6:00PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	11-Jun	BAC 6:00 - 8:00AM	OFF	OFF	OFF	OFF	BAC SPRING INVITE @ BAC

SENIOR - JUNIOR A PRACTICE SCHEDULE							
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES
Sunday	12-Jun	OFF	OFF	OFF	OFF	OFF	
Monday	13-Jun	NPCP 3:45 – 6:00PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	14-Jun	NPCP 3:45 – 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	15-Jun	NPCP 3:45 – 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	16-Jun	BAC 3:45 – 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	SUMMER SOLSTICE @ ORLANDO
Friday	17-Jun	BAC 3:45 – 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	SUMMER SOLSTICE @ ORLANDO
Saturday	18-Jun	BAC 6:00 - 8:00AM	OFF	OFF	OFF	OFF	BAC SPRING INVITE @ BAC / SUMMER SOLSTICE @ ORLANDO
Sunday	19-Jun	OFF	OFF	OFF	OFF	OFF	SUMMER SOLSTICE @ ORLANDO
Monday	20-Jun	NPCP 3:45 – 6:00PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	21-Jun	NPCP 3:45 – 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	22-Jun	NPCP 3:45 – 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	23-Jun	NPCP 3:45 – 6:00PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	24-Jun	NPCP 3:45 – 6:00PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
<b>SPECIFIC DATE ADJUSTING FROM EVENING SCHEDULE TO SUMMER MORNING SCHEDULE FOR WORKOUTS TO BE DETERMINED AND CONFIRMED [TENTATIVE June 25]</b>							
Saturday	25-Jun	OFF	OFF	OFF	OFF	OFF	EZ OPEN WATER CHAMPS - LAKE QUASSAPAUG, CT / SPRING INVITE
Sunday	26-Jun	OFF	OFF	OFF	OFF	OFF	
Monday	27-Jun	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Tuesday	28-Jun	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Wednesday	29-Jun	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Thursday	30-Jun	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Friday	1-Jul	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Saturday	2-Jul	BAC 6:00 - 8:00AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30AM	
Sunday	3-Jul	OFF	OFF	OFF	OFF	OFF	
Monday	4-Jul	OFF	OFF	OFF	OFF	OFF	
Tuesday	5-Jul	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Wednesday	6-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Thursday	7-Jul	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Friday	8-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Saturday	9-Jul	BAC 6:00 - 7:30AM	OFF	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	BAC SUMMER AG CHAMPS
Sunday	10-Jul	OFF	OFF	OFF	OFF	OFF	BAC SUMMER AG CHAMPS
Monday	11-Jul	NPCP 6:15 - 8:15AM	BAC 3:30 - 5:30PM	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Tuesday	12-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Wednesday	13-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Thursday	14-Jul	OFF	BAC 3:30 - 5:30PM	6:30 - 7:30am	6:30 - 7:30am	6:30 - 7:30am	
Friday	15-Jul	OFF	OFF	OFF	OFF	OFF	BAC SUMMER CHAMPS
Saturday	16-Jul	OFF	OFF	OFF	OFF	OFF	BAC SUMMER CHAMPS
Sunday	17-Jul	OFF	OFF	OFF	OFF	OFF	BAC SUMMER CHAMPS
Monday	18-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Tuesday	19-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Wednesday	20-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Thursday	21-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Friday	22-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Saturday	23-Jul	BAC 6:00 - 7:00AM	OFF	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	
Sunday	24-Jul	OFF	OFF	OFF	OFF	OFF	
Monday	25-Jul	NPCP 6:15 - 8:15AM	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	
Tuesday	26-Jul	OFF	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	ORLANDO SENIOR JUNIOR TEAM TRIP
Wednesday	27-Jul	OFF	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	ORLANDO SENIOR JUNIOR TEAM TRIP
Thursday	28-Jul	OFF	OFF	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	ORLANDO SENIOR JUNIOR TEAM TRIP

