BASH Fall Practice Schedule – (Sundays start in October) September 7 to early October.

If we have weather issues in September, we will move afternoon/evenings into Ferris Pool.

All Practices are subject to change!!

Senior 1 – starting Tuesday, September 7 until later in October – all outside

Monday – Friday after school – 3:00 PM – 6:00 PM, Saturday 7:15- 9:45 AM

Dryland first M-W-F, Weights last T-Th-Sat,

AM’s start later in September

Senior 2 – starting Tuesday, September 7 until later in October – all outside

Monday – Friday after school -3:30- 6:00 PM, Saturday 7:15-9:30 AM

Dryland before M-W-F, Weights first T-Th-Sat

Senior 3 – Starting Tuesday, September 7 till early October

Monday-Wednesday weights first at 5:15, swim 6-7:30 PM. Tues Thurs Dryland 5:30-6:15, swim till 7:30 Pm, All practices Outside – Saturday 9:30-11 AM, NO Sundays yet

Age Group 1 – Starting Tuesday, September 7 outside into beginning of October

M-W- F – 5:15 pm – 7:15 PM Dryland first, Thur swim 5:30-7:00 PM, Saturday 9:30-11 AM, Tues off

Age Group 2 – Starting Monday, September 13

M-T-W-F – 5:30- 7:00 PM outside, Thursday off, Saturday 9:30-11 AM outside

Age Group 3 – Starting Monday, September 13

Monday 5:30-6:30 PM Ferris, Tuesday & Thursday 6:55 - 7:50 PM Main, Wednesday 6 -7 PM OUTSIDE, Friday 5-6 Pm Main, Sundays later in the season.

Age Group 4 – Starting Monday, September 13

M & W – 4:30-5:30 PM, Main, Tuesday & Thursday 6:00-6:55 Main, Friday 5-6 PM Main