

<b>Group</b>	<b>M</b>	<b>TU</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>Sa</b>
<b>Gold</b>	5:00-6:45 pm	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm	7:00-9:00 am
<b>Silver</b>	6:30-8:00 pm	6:30-8:00		6:30-8:00 pm	6:30-8:00pm	7:00-9:00 am
<b>Bronze I &amp; II</b>	6:45-8:00 pm	6:45-8:00 pm		6:45-8:00 pm	6:45-8:00 pm	

<b>Week 1</b>	<b>M</b>	<b>TU</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>Sa</b>
<b>Nat. Prep Senior</b>	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	8:00-10:00 am
<b>Week 2</b>	<b>M</b>	<b>TU</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
<b>Nat. Prep Senior</b>	4:30-6:15pm	5:30-6:45am 4:30-6:15pm	4:30-6:15pm	5:30-6:45am 4:30-6:15pm	4:30-6:15pm	8:00-10:00 am

\*Natl Prep will alt weekly above starting Jan 4.

\*\*Senior will be combined with National Prep for now

\*\*\*Bronze 1 and Bronze 2 will be combined for now

\*This schedule begins on Monday January 4, 2020 and all listed practices take place at Central Pool.

\*Only Athletes and Coaches are permitted on the pool deck during practice.

\*Parents are not permitted on the pool deck or in the bleachers on the deck due to current facility restrictions.