**Central Area - 2018 Fall Schedule –**  (update Sept2, 2018)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | Sunday |
| **Catfish** | 4-5 ME | Off | 4-5 ME S | 4-5 ME S | Off | Off | Off |
| **Stroke Development** | 420-520 YM | Off | 420-520 YM | Off | 420-520 YM | See combined practice schedule | Off |
| **Fitness** | 545-645 SU | Off | 545-645 SU | Off | Off | See combined practice schedule | Off |
| **Age Group** | 545-745 SU | 410-520 YM | 5-7 MSC | 410-520 YM | 630-8 SU | See combined practice schedule | Off |
| **Age Group Performance** | 530-730 SU | 4-6 ME  Dry 530-6 | 530-730 SU | 4-6 ME  Dry 530-6 | 5-630 SU | See combined practice schedule | Off |
| **Senior 1** | Off | 4-6 ME  Dry 530-6 | 545-745 SU | 4-6 ME  Dry 530-6 | 5-630 SU | See combined practice schedule | Off |
| **Senior 2** | 4-6 ME | 5-7 SU  Dry 5-530 | 4-6 ME | 5-7 SU  Dry 5-530 | Off | See combined practice schedule | Off |
| **Senior Performance** | 4-7 ME  Dry 615-7 | 5-745 SU  Dry 5-30 | 4-7 ME  Dry 615-7 | 5-745 SU  Dry 5-30 | 5-730 SU | See combined practice schedule | Off |