**Central Area - 2019 Winter Schedule –**  Feb 18-23 (See Below for Feb 25-March 3)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday 18** | **Tuesday 19** | **Wednesday 20** | **Thursday 21** | **Friday 22** | **Saturday** | Sunday |
| **Catfish** | 645-745 SU | Off | 645-745 SU | Off | 420-520 YM | 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** | Off | 410-520 YM | 5-7 MSC | 410-520 YM | 530-7 SU | See combined practice schedule | Off |
| **Age Group Performance** | 430-630 SU  Dry 6-630 | 415-615 VR\*  or  other site | 430-630 SU | 5-715 SU  Dry  5-530 | 430-615 SU | See combined practice schedule | Off |
| **Senior 1** | Off | 5-715 SU  Dry  5-530 | 545-745 SU | 415-615 VR\*  or  5-7 MIBC | 430-615 SU | See combined practice schedule | Off |
| **Senior 2** | 5-715 SU  Dry  5-530 | Off | 415-615 VR | 5-715 SU  Dry  5-530 | 430-7 SU | See combined practice schedule | Selected TBA |
| **Senior Performance** | 5-745 SU  Dry  5-530 | 5-745 SU  Dry  5-530 | 415-715 VR | 5-745 SU  Dry  5-530 | 430-7 SU | See combined practice schedule | Selected TBA |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | Sunday |
| **Catfish** | 530-630 SU | Off | 530-630 SU | Off | 420-520 YM | Off | Off |
| **Stroke Development** | 420-520 YM | Off | 420-520 YM | Off | 420-520 YM | See combined practice schedule | Off |
| **Fitness** | 430-530 SU | Off | 430-530 SU | Off | Off | See combined practice schedule | Off |
| **Age Group** | Off | 410-520 YM | 5-7 MSC | 410-520 YM | 530-7 SU | See combined practice schedule | Off |
| **Age Group Performance** | 430-630 SU | 415-615 VR\*  or  other site | 430-630 SU | 430-630 SU | 430-615 SU | See combined practice schedule | Off |
| **Senior 1** | Off | 430-630 SU | 430-630 SU | 415-615 VR\*  or  5-7 MIBC | 430-615 SU | See combined practice schedule | Off |
| **Senior 2** | 430-630 SU | Off | 415-615 VR | 430-630 SU | 430-7 SU | See combined practice schedule | Selected TBA |
| **Senior Performance** | 430-715 SU | 430-715 SU | 415-715 VR | 430-715 SU | 430-7 SU | See combined practice schedule | Selected TBA |

**Central Area 2019 Winter / Spring** - Feb 25-March 31