**Central Area - 2019 Winter Schedule –**  (Jan 7-Feb 15)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **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 | 615-8 SU | See combined practice schedule  | Off |
| **Age Group Performance** | 5 – 7 SU Dry 5-530 | 415-615 VR\*or other site | 5 – 7 SU Dry 5-530 | 5-715 SUDry 5-530 | 430-630 SU | See combined practice schedule | Off |
| **Senior 1** | Off | 5-715 SUDry 5-530 | 545-745 SU | 415-615 VR\*or 5-7 MIBC | 430-630 SU | See combined practice schedule  | Off |
| **Senior 2** | 5-715 SUDry 5-530 | Off | 415-615 VR | 5-715 SUDry 5-530 | 430-7 SU | See combined practice schedule | Selected TBA |
| **Senior Performance** | 5-745 SUDry 5-530 | 5-745 SUDry 5-530 | 415-715 VR | 5-745 SUDry 5-530 | 430-7 SU | See combined practice schedule | Selected TBA |