



**Practice Schedule
November 20-26**

NO practices on Thu, Nov 23 due to the holiday.

Intro

Mon/Tue	4:45-5:30 pm	AC High School
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Beginner

Mon/Tue	4:45-5:30 pm	AC High School
Sat	9:00-10:00 am	AC High School

**Social from 10-10:30 am on Sat in AC*

Yellow

Mon/Tue	5:30-6:30 pm	AC High School
Sat	8:45-10:00 am	AC High School

**Social from 10-10:30 am on Sat in AC*

Blue

Mon/Tue	5:15-6:30 pm	AC High School
Sat	8:45-10:00 am	AC High School

**Social from 10-10:30 am on Sat in AC*

Age Group 1 and 2

Mon/*Tue	5:15-7:00 pm	AC High School
*Tue	7:45-9:30 am	Rod High School
Wed	8:00-9:30 am	Rod High School
Fri	3:00-5:00 pm	Rod High School
Sat	8:00-10:00 am	AC High School

**Social from 10-10:30 am on Sat in AC*

***Age Group can attend morning or afternoon on Tuesday.*

Senior

Mon/Tue	4:30-7:00 pm	AC High School
*Tue	7:30-9:30 am	Rod High School
Wed	7:30-9:30 am	Rod High School
Fri	3:00-5:00 pm	Rod High School
Sat	7:45-10:00 am	AC High School
Sun	7:00-9:00 am	UC Davis

**Social from 10-10:30 am on Sat in AC*

***Sun-Open to swimmers traveling to Arizona-Ricky will confirm time.*

****Swimmers can attend morning or afternoon on Thursday*

National Development

Mon/Tue	4:30-7:00 pm	AC High School
Mon	6:00-7:00 am	Pinnacle Fitness
Tue	7:30-9:30 am	Rod High School
Tue	6:00-7:00 pm	Pinnacle Fitness
Wed	7:30-9:30 am	Rod High School
Fri	3:00-5:00 pm	Rod High School
Sat	7:45-10:00 am	AC High School
*Sun	Morning	UC Davis

**Social from 10-10:30 am on Sat in AC*

****Ricky will confirm Davis times for Fri and Sun.*