



Updated Practice Schedule Starting November 15

Senior 1

Monday-Thursday	4:00-6:15 pm	College
Friday afternoons	4:30-6:00 pm	College
Wed/Fri mornings	5:30-6:45 am	College
Saturday	7:45-10:00 am	College

**Pinnacle Fitness-tentative Wed/Fri (add on workout-talk to Coach Ricky)*

Senior 2

Monday-Thursday	4:45-6:15 pm	College
Friday	4:30-6:00 pm	College
Saturday	7:45-10:00 am	College

**Senior 2 swimmers can attend dryland 4:00-4:30 on Tue/Thu with Senior 1*

Junior

Monday-Thursday	5:00-6:30 pm	College
Friday	4:30-6:00 pm	College
Saturday	8:30-10:00 am	College

Blue Otter

Monday-Thursday	4:00-5:00 pm	College
Monday-Thursday	5:00-6:00 pm	College

Yellow Otter

Monday-Thursday	4:00-5:00 pm	College
Monday-Thursday	5:00-6:00 pm	College

Beginner Otter

Monday-Thursday	4:00-4:45 pm	College
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Intro to Otter

Tue/Thu	5:15-5:45 and 5:45-6:15	College
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Updated Practice Schedule Starting November 15

Senior 1

Mon/Wed	4:15-6:15 pm	College
Tue/Thu	6:30-8:00 pm	Phillip West
Wed/Fri	5:30-7:00 am	College
Friday	4:30-6:00 pm	College
Saturday	8:00-10:00 am	College

**Attend either morning or afternoon on Fridays*

Senior 2

Mon/Wed	5:00-6:30 pm	Phillip West
Tue/Thu	6:30-8:00 pm	Phillip West
Friday	4:30-6:00 pm	Solano College
Saturday	8:00-10:00 am	College

**Senior 1 can attend Senior 2 practices at Phillip West instead of College days/times.*

Junior

Mon/Wed	5:00-6:30 pm	Phillip West
Tue/Thu	6:30-8:00 pm	Phillip West
Fri	4:30-6:00 pm	Solano College
Saturday	8:30-10:00 am	College