



October 2020

**Swim Practice Times and Locations**

**Alan Witt**

Mon-Thu

Fri

**Assigned Practices**

6:00-8:00 pm

4:00-7:00 pm

All groups

All groups

**American Canyon**

Mon/Wed/

Fri

Tue/Thu

Sat

Sun

Sun

Sun

**Assigned Practices**

4:45-6:15 pm

5:00-6:15 pm

7:00-8:30 pm

7:00-8:30 am

9:00-10:30 am

10:30-12:00 pm

12:00-1:00 pm

Junior/Senior

Junior/Senior

Junior/Senior

Junior/Senior

Junior/Senior

Junior/Senior

All groups

**Green Valley Country Club**

Tuesday-Friday

**Assigned/Sign-Up Practices**

5:45-7:00 am

Senior/Junior

**Vallejo Aquatics Complex**

Saturdays

\*Mon/Wed

**Sign-Up Practices**

1:00-3:00 pm

2:15-3:45 pm

All groups

Junior/Senior

*\*Junior/Senior only*



**Dryland Schedule**

**October**

**Mondays**

4:30-5:15 pm

Green Valley Vintage

All groups

4:00-5:00 pm

American Canyon

Junior/Senior

**Tuesdays**

4:30-5:15 pm

Green Valley Vintage

Junior/Senior

6:00-7:00 pm

American Canyon

Junior/Senior

**Wednesdays**

4:30-5:15 pm

Green Valley Vintage

All groups

4:00-5:00 pm

American Canyon

Junior/Senior

**Thursdays**

4:30-5:15 pm

Green Valley Vintage

Junior/Senior

6:00-7:00 pm

American Canyon

Junior/Senior

**Fridays**

No dryland