



**September (updated Sept 11)  
Swim Practice Times and Locations**

|                                  |                                   |               |
|----------------------------------|-----------------------------------|---------------|
| <b>Alan Witt</b>                 | <b>Assigned Practices</b>         |               |
| Mon-Thu                          | 4:00-6:00 pm                      | All groups    |
| Fri                              | 4:00-7:00 pm                      | All groups    |
| <br>                             |                                   |               |
| <b>American Canyon</b>           | <b>Assigned Practices</b>         |               |
| Mon/Wed/Fri                      | 4:45-6:15 pm                      | Junior/Senior |
| Tue/Thu                          | 7:00-8:30 pm                      | Junior/Senior |
| Sat                              | 7:00-8:30 am                      | Junior/Senior |
| Sun                              | 9:00-10:30 am                     | Junior/Senior |
| Sun                              | 10:30-12:00 pm                    | Junior/Senior |
| Sun                              | 12:00-1:00 pm                     | All groups    |
| <br>                             |                                   |               |
| <b>Green Valley Country Club</b> | <b>Assigned/Sign-Up Practices</b> |               |
| Tuesday-Friday                   | 5:45-7:00 am                      | Senior/Junior |
| <br>                             |                                   |               |
| <b>Davis Swim at Fitness</b>     | <b>Sign-Up Practices</b>          |               |
| *Saturdays                       | 2:00-3:00 pm                      | All groups    |
| *Saturdays                       | 3:00-4:00 pm                      | All groups    |

*\*Davis times can be combined for a longer workout if available (Junior/Senior swimmers)*