

2019 - 2020 Wave Practice Schedule

Effective 11/12/19

Pool	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Dryland / Notes
A C P	Intro Bronze	OFF	4:15-5:00PM	OFF	4:15-5:00PM	4:15-5:00PM	OFF	
	Intro Silver	4:15-5:15PM	OFF	4:15-5:15PM	OFF	4:15-5:15PM	OFF	
	Intro Gold	4:15-5:30PM	4:15-5:30PM	4:15-5:30PM	4:15-5:30PM	4:15-5:30PM	OFF	
	Age Group Bronze	4:15-5:45PM	4:15-5:30PM	4:15-5:30PM	4:15-5:45PM	4:15-5:30PM	8:00AM-9:30AM @ UTSA	Dryland 4:15-4:30PM M-F
	Age Group Silver	5:00-6:30PM	5:15-6:45PM	5:00-6:30PM	5:15-6:45PM	5:15-6:45PM	8:00AM-9:30AM @ UTSA	Dryland 5-5:30PM MW
	Age Group Gold	5:00-6:45PM	5:15-7:00PM	AM: 6:00-7:30 at UTSA PM: 5:00-6:45	5:15-7:00PM	5:00-6:45PM	9:30AM-Noon @ UTSA	Dryland 5:00-5:30PM MWF Dryland 5:15-6:45PM TTh
	Senior Bronze	5:00-6:30PM	5:15-6:45PM	5:00-6:30PM	5:15-6:45PM	5:00-6:30PM	OFF	Dryland 5:00-5:30PM MWF
	Senior Silver	5:00-6:45PM	AM: 6:00-7:30 at UTSA PM: 5:00-6:45	AM: 6:00-7:30 at UTSA PM: 5:00-6:45	AM: 6:00-7:30 at UTSA PM: 5:00-6:45	5:00-6:45PM	9:30AM-Noon @ UTSA	Dryland 5:00-5:30PM MWF
	Senior Gold	5:00-7:00PM	AM: 6:00-7:30 at UTSA PM: 5:00-7:00	AM: 6:00-7:30 at UTSA PM: 5:00-7:00	AM: 6:00-7:30 at UTSA PM: 5:00-7:00	5:00-7:00PM	9:30AM-Noon @ UTSA	Dryland 5:00-5:30PM MWF
S V H S	Intro Bronze	OFF	5:30-6:15PM	5:30-6:15PM	5:30-6:15PM	OFF	OFF	
	Intro Silver	OFF	5:30-6:30PM	5:30-6:30PM	5:30-6:30PM	OFF	OFF	
	Intro Gold	~~	~~	~~	~~	~~	~~	
	Age Group Bronze	5:30-7:30PM	6:00-7:30PM	6:30-8:00PM	6:00-7:30PM	5:30-7:30PM	8:00AM-9:30AM @ UTSA	Dryland 5:30-6:00PM M&F Dryland 6:30-7:00PM Wed
	Age Group Silver	5:30-7:30PM	6:00-7:30PM	6:30-8:00PM	6:00-7:30PM	5:30-7:30PM	8:00AM-9:30AM @ UTSA	Dryland 5:30-6:00PM M&F Dryland 6:30-7:00PM Wed
	Age Group Gold	~~	~~	~~	~~	~~	~~	
	Senior Bronze	5:00-6:30PM	5:00-6:30PM	5:00-6:30PM	5:00-6:30PM	5:00-6:30PM	OFF	Dryland 5:00-5:30PM
	Senior Silver	5:00-7:00PM	AM: 6:00-7:30 at UTSA PM: 5:00-7:15	AM: 6:00-7:30 at UTSA PM: 5:00-7:15	AM: 6:00-7:30 at UTSA PM: 5:00-7:15	5:00-7:00PM	9:30AM-Noon @ UTSA	Dryland 5:00-5:30PM
	Senior Gold	5:00-7:15PM	AM: 6:00-7:30 at UTSA PM: 5:00-7:15	AM: 6:00-7:30 at UTSA PM: 5:00-7:15	AM: 6:00-7:30 at UTSA PM: 5:00-7:15	5:00-7:15PM	9:30AM-Noon @ UTSA	Dryland 5:00-5:30PM
U T S A	Intro Bronze MWF	4:00-4:45PM	OFF	4:00-4:45PM	OFF	4:00-4:45PM	OFF	
	Intro Bronze TTS	OFF	4:00-4:45PM	OFF	4:00-4:45PM	OFF	8:00-8:45AM	
	Intro Silver MWF	4:00-5:00PM	OFF	4:00-5:00PM	OFF	4:00-5:00PM	OFF	
	Intro Silver TTS	OFF	4:00-5:00PM	OFF	4:00-5:00PM	OFF	8:00-9:00AM	
	Intro Gold	4:00-5:15PM	4:00-5:15PM	4:00-5:15PM	4:00-5:15PM	4:00-5:15PM	OFF	
	Age Group Bronze 1	5:15-6:45PM	5:15-6:45PM	5:15-6:45PM	5:15-6:45PM	5:15-6:45PM	8:00-9:30AM	Dryland 5:15-5:35PM TTh
	Age Group Bronze 2	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	8:00-9:30AM	Dryland 6:15-6:35 TTh
	Age Group Silver	4:45-6:15PM	4:45-6:15PM	4:45-6:15PM	4:45-6:15PM	4:45-6:15PM	8:00-9:30AM	Dryland 4:45-5:05PM TTh
	Age Group Gold	5:00-6:45PM	5:00-6:45PM	AM: 6:00-7:30 PM: 5:00-6:45	5:00-6:45PM	5:00-6:45PM	9:30AM-Noon	Dryland 5:00-5:30PM MWF
	Senior Bronze	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	OFF	Dryland 6:15-6:45PM MWF
	Senior Silver	6:15-8:00PM	AM: 6:00-7:30 PM: 6:15-8:00	AM: 6:00-7:30 PM: 6:15-8:00	AM: 6:00-7:30 PM: 6:15-8:00	6:15-8:00PM	9:30AM-Noon	Dryland 6:15-6:45PM MWF
	Senior Gold	5:00-7:00PM	AM: 6:00-7:30 PM: 5:00-7:00	AM: 6:00-7:30 PM: 5:00-7:00	AM: 6:00-7:30 PM: 5:00-7:00	5:00-7:00PM	9:30AM-Noon	Dryland 5:00-5:30PM MWF