

# 2021-2022 June Wave Practice Schedule

Effective 05/30/2022

Pool	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Dryland /Notes
A C P	Development Bronze (M/W)	4:00-4:40 PM		4:00-4:40 PM				
	Development Bronze (T/TH)		4:50-5:30 PM		4:50-5:30 PM			
	Development Silver (M/W)	4:00-4:50 PM		4:00-4:50 PM				
	Development Silver (T/TH) 2		4:50-5:40 PM		4:50-5:40 PM			
	Development Gold (M/W/F)	4:15-5:15 PM		4:15-5:15 PM		4:15-5:15 PM		
	Training Bronze/Silver	4:30-5:30 PM Dryland	4:30-5:30 PM	4:30-5:30 PM Dryland	4:30-5:30 PM	4:30-5:30 PM	STMU 9:30-11:30 AM	5:00-5:30 PM
	Training Gold	6:00-7:50 AM CHF 5:00-6:30 PM	5:00-6:30 PM Dryland	6:00-7:50 AM CHF 5:00-6:30 PM	5:00-6:30 PM Dryland	6:00-7:50 AM CHF	STMU 7:30-9:30 AM	5:00-5:30 PM
	Senior Bronze	6:00-7:50 AM CHF 5:00-6:30 PM	5:00-6:30 PM Dryland	6:00-7:50 AM CHF 5:00-6:30 PM	5:00-6:30 PM Dryland	6:00-7:50 AM CHF	STMU 7:30-9:30 AM	5:00-5:30 PM
	Senior Silver	6:00-7:50 AM CHF 5:00-6:45 PM	6:00-7:50 AM CHF 5:00-6:45 PM Dryland	6:00-7:50 AM CHF 5:00-6:45 PM	6:00-7:50 AM CHF 5:00-6:45 PM Dryland	6:00-7:50 AM CHF	STMU 7:30-9:30 AM	5:00-5:30 PM
	Senior Gold	6:00-7:50 AM CHF 5:00-7:00 PM	6:00-7:50 AM CHF 5:00-7:00 PM Dryland	6:00-7:50 AM CHF 5:00-7:00 PM	6:00-7:50 AM CHF 5:00-7:00 PM Dryland	6:00-7:50 AM CHF	STMU 7:30-9:30 AM	5:00-5:30 PM
C H F	Development Bronze	11:00-11:40 AM		11:00-11:40 AM				
	Development Silver	11:00-11:50 AM		11:00-11:50 AM				
	Development Gold (M/W/F)	11:00-12:00 PM		11:00-12:00 PM		11:00-12:00 PM		
	Training Bronze	12:00-1:00 PM Dryland	12:00-1:00 PM	12:00-1:00 PM Dryland	12:00-1:00 PM	12:00-1:00 PM	STMU 9:30-11:00 AM	M/W 12:00-12:20 PM
	Training Silver	12:00-1:15 PM Dryland	12:00-1:15 PM	12:00-1:15 PM Dryland	12:00-1:15 PM	12:00-1:15 PM	STMU 9:30-11:00 AM	M/W 12:00-12:20 PM
	Training Gold	6:00-7:50 AM CHF 5:00-6:30 PM ACP	5:00-6:30 PM ACP Dryland	6:00-7:50 AM CHF 5:00-6:30 PM ACP	5:00-6:30 PM ACP Dryland	6:00-7:50 AM CHF	STMU 7:30-9:30 AM	T/TH 5:00-5:30 PM @ACP
E L D	Development Bronze	8:15-8:55 AM	8:15-8:55 AM	8:15-8:55 AM	8:15-8:55 AM	8:15-8:55 AM		CAN ONLY ATTEND 2X A WEEK
	Development Silver	8:15-9:05 AM	8:15-9:05 AM	8:15-9:05 AM	8:15-9:05 AM	8:15-9:05 AM		CAN ONLY ATTEND 2X A WEEK
	Development Gold	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM		CAN ONLY ATTEND 3X A WEEK
	Training Bronze	9:15-10:15 AM	9:15-10:15 AM	9:15-10:15 AM	9:15-10:15 AM	9:15-10:15 AM	STMU 9:30-11:00 AM	9:15-9:35 AM
	Training Silver	8:00-9:15 AM	8:00-9:15 AM	8:00-9:15 AM	8:00-9:15 AM	8:00-9:15 AM	STMU 9:30-11:00 AM	8:00-8:20 AM