

2021-2022 Wave Practice Schedule

Effective 09/06/2021- Updated 9/20/2021

| 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) 1 | | 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 | | |
| | Senior Silver | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | |
| | | 5:00-6:45 PM Dryland | 5:00-6:45 PM Dryland | 5:00-6:45 PM | 5:00-6:45 PM Dryland | | STMU 7:30-9:30 AM | 5:00-5:30 PM |
| | Senior Gold | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | |
| 5:00-7:00 PM Dryland | | 5:00-7:00 PM Dryland | 5:00-7:00 PM | 5:00-7:00 PM Dryland | | STMU 7:30-9:30 AM | 5:00-5:30 PM | |
| C H F | Development Bronze (M/W) | 4:00-4:40 PM | | 4:00-4:40 PM | | | | |
| | Development Bronze (T/TH) | | 4:00-4:40 PM | | 4:00-4:40 PM | | | |
| | Development Silver (M/W) | 4:00-4:50 PM | | 4:00-4:50 PM | | | | |
| | Development Silver (T/TH) | | 4:00-4:50 PM | | 4:00-4:50 PM | | | |
| | Development Gold (M/W/F) | 4:00-5:00 PM | | 4:00-5:00 PM | | 4:00-5:00 PM | | |
| | Training Gold | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | |
| | | 5:00-6:30 PM | 5:00-6:30 PM Dryland | 5:00-6:30 PM | 5:00-6:30 PM Dryland | | STMU 7:30-9:30 AM | 5:00-5:30 PM |
| | Training Silver 1 | 5:00-6:15 PM | 5:00-6:15 PM Dryland | 5:00-6:15 PM | 5:00-6:15 PM Dryland | 5:00-6:15 PM | STMU 9:30-11:00 AM | 5:00-5:20 PM |
| | Training Silver 2 | 6:15-7:30 PM | 6:15-7:30 PM Dryland | 6:15-7:30 PM | 6:15-7:30 PM Dryland | 6:15-7:30 PM | STMU 9:30-11:00 AM | 6:15-6:35 PM |
| | Training Bronze 1 | 5:00-6:00 PM | 5:00-6:00 PM Dryland | 5:00-6:00 PM | 5:00-6:00 PM Dryland | 5:00-6:00 PM | STMU 9:30-11:00 AM | 5:00-5:20 PM |
| | Training Bronze 2 | 6:15-7:15 PM | 6:15-7:15 PM Dryland | 6:15-7:15 PM | 6:15-7:15 PM Dryland | 6:15-7:15 PM | STMU 9:30-11:00 AM | 6:15-6:35 PM |
| | Senior Bronze | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | | | |
| 6:15-7:45 PM | | 6:15-7:45 PM Dryland | 6:15-7:45 PM | 6:15-7:45 PM Dryland | 6:15-7:45 PM | Coach invite only | 6:15-6:45 PM | |
| E L D | Development Bronze (T/TH)- 2 | | 5:30-6:10 PM | | 5:30-6:10 PM | | | |
| | Development Silver (M/W)- 1 | 4:40-5:30 PM | | 4:40-5:30 PM | | | | |
| | Development Silver (M/W)-2 | 6:30-7:20 PM | | 6:30-7:20 PM | | | | |
| | Development Silver (T/TH) | | 4:40-5:30 PM | | 4:40-5:30 PM | | | |
| | Development Gold (M/W/F)-1 | 4:30-5:30 PM | | 4:30-5:30 PM | | 4:30-5:30 PM | | |
| | Development Gold (M/W/F)- 2 | 5:30-6:30 PM | | 5:30-6:30 PM | | 5:30-6:30 PM | | |
| | Training Bronze-1 | 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 9:30-11:00 AM | 4:30-4:50 PM |
| | Training Bronze-2 | 6:30-7:30 PM Dryland | 6:30-7:30 PM | 6:30-7:30 PM Dryland | 6:30-7:30 PM | 6:30-7:30 PM | STMU 9:30-11:00 AM | 6:30-6:50 PM |
| | Training Silver | 5:30-6:45 PM | 5:30-6:45 PM Dryland | 5:30-6:45 PM | 5:30-6:45 PM Dryland | 5:30-6:45 PM | STMU 9:30-11:00 AM | 5:30-5:50 PM |
| | Senior Bronze | 5:30-7:00 AM STMU | | 5:30-7:00 AM STMU | | | | |
| 5:30-7:00 PM | | 5:30-7:00 PM Dryland | 5:30-7:00 PM | 5:30-7:00 PM Dryland | 5:30-7:00 PM | Coach invite only | 5:30-6:00 PM | |