

2022-2023 Wave Practice Schedule

*Effective: 09/06/2022
Morning Practice begin 10/03/22*

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)		4:00-4:40 pm		4:00-4:40 pm			
	Development Silver (M/W)	4:40-5:30 pm		4:40-5:30 pm				
	Development Silver (T/TH)		4:40-5:30 pm		4:40-5:30 pm			
	Development Gold (M/W/F)	4:15-5:15 pm		4:15-5:15 pm		4:15-5:15 pm		
	Senior Bronze	5:30-7:00 AM CHF 5:00-6:30 pm	5:00-6:30 pm Dryland	5:30-7:00 AM CHF 5:00-6:30 pm	5:00-6:30 pm Dryland	5:30-7:00 AM CHF	STMU 7:30-9:30 am	T/TH 5:00-5:30 pm
	Senior Silver	5:30-7:00 AM CHF 5:00-6:45 pm	5:00-6:45 pm Dryland	5:30-7:00 AM CHF 5:00-6:45 pm	5:00-6:45 pm Dryland	5:30-7:00 AM CHF	STMU 7:30-9:30 am	T/TH 5:00-5:30 pm
	Senior Gold	5:30-7:00 AM CHF 5:00-7:00 pm	5:00-7:00 pm Dryland	5:30-7:00 AM CHF 5:00-7:00 pm	5:00-7:00 pm Dryland	5:30-7:00 AM CHF	STMU 7:30-9:30 am	T/TH 5:00-5:30 pm
C H F	Development Bronze (M/W)	4:30-5:10 PM		4:30-5:10 PM				
	Development Bronze (T/TH)		4:30-5:10 PM		4:30-5:10 PM			
	Development Silver (M/W)	4:30-5:20 PM		4:30-5:20 PM				
	Development Silver (T/TH)		4:30-5:20 PM		4:30-5:20 PM			
	Development Gold (M/W/F)	5:30-6:30 PM		5:30-6:30 PM		5:30-6:30 PM		
	Training Bronze	5:30-6:30 PM Dryland	5:30-6:30 PM	5:30-6:30 PM Dryland	5:30-6:30 PM		STMU 9:30-11:00 AM	Dryland 5:30-5:50 PM
	Training Silver	6:30-7:45 PM Dryland	6:30-7:45 PM	6:00-7:15 PM Dryland	6:30-7:45 PM	5:30-6:45 PM	STMU 9:30-11:00 AM	Dryland 6:30-6:50 PM
	Training Gold	5:30-7:00 AM 6:30-8:00 PM Dryland	6:30-8:00 PM	5:30-7:00 AM 6:30-8:00 PM Dryland	6:30-8:00 PM	5:30-7:00 AM	STMU 7:30-9:30 AM	Dryland 6:30-7:00 PM
E L D	Development Bronze (M/W)	4:20-5:00 PM		4:20-5:00 PM				
	Development Bronze (T/TH)-1		4:30-5:10 PM		4:30-5:10 PM			
	Development Bronze (T/TH)-2		4:45-5:25 PM		4:45-5:25 PM			
	Development Silver (M/W)	4:40-5:30 PM		4:40-5:30 PM				
	Development Silver (T/TH)		5:10-6:00 PM		5:10-6:00 PM			
	Development Gold (M/W/F)	5:00-6:00 PM		5:00-6:00 PM		5:00-6:00 PM		
	Training Bronze	6:00-7:00 PM	6:00-7:00 PM Dryland	6:00-7:00 PM	6:00-7:00 PM Dryland		STMU 9:30-11:00 AM	Dryland 6:00-6:30 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	Dryland 5:30-6:00 PM