

# 2021-2022 Wave Practice Schedule

*Effective 09/06/2021- Updated 12/7/22*

Pool	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Dryland /Notes	
<b>A C P</b>	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 CHF			5:30-7:00 AM CHF		5:30-7:00 AM CHF		
		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 CHF			5:30-7:00 AM CHF		5:30-7:00 AM CHF			
	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	
<b>C H F</b>	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 CHF			5:30-7:00 AM CHF		5:30-7:00 AM CHF		
		5:00-6:30 PM Dryland	5:00-6:30 PM	5:00-6:30 PM Dryland	5:00-6:30 PM			STMU 7:30-9:30 AM	5:00-5:30 PM
	Training Silver 1	5:00-6:15 PM Dryland	5:00-6:15 PM	5:00-6:15 PM Dryland	5:00-6:15 PM	5:00-6:15 PM	STMU 9:30-11:00 AM	5:00-5:20 PM	
	Training Silver 2	6:15-7:30 PM Dryland	6:15-7:30 PM	6:15-7:30 PM Dryland	6:15-7:30 PM	6:15-7:30 PM	STMU 9:30-11:00 AM	6:15-6:35 PM	
	Training Bronze 1	5:00-6:00 PM Dryland	5:00-6:00 PM	5:00-6:00 PM Dryland	5:00-6:00 PM	5:00-6:00 PM	STMU 9:30-11:00 AM	5:00-5:20 PM	
	Training Bronze 2	6:15-7:15 PM Dryland	6:15-7:15 PM	6:15-7:15 PM Dryland	6:15-7:15 PM	6:15-7:15 PM	STMU 9:30-11:00 AM	6:15-6:35 PM	
	Senior Bronze	5:30-7:00 AM CHF			5:30-7:00 AM CHF				
6:15-7:45 PM Dryland		6:15-7:45 PM	6:15-7:45 PM Dryland	6:15-7:45 PM	6:15-7:45 PM	6:15-7:45 PM	Coach invite only	6:15-6:45 PM	
<b>E L D</b>	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 CHF			5:30-7:00 AM CHF				
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	5:30-7:00 PM	Coach invite only	5:30-6:00 PM	