

## Practice Schedule for the season 2020/2021 updated 11/22/20

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MM1	3:45-4:30pm	/	/	3:45-4:30pm	/	/	All minnies need to get picked up right after their practice
MM2	3:30-4:30pm	/	/	3:30-4:30pm	/	10:45-11:45p	
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Bronze AGB	/	3:30-4:30pm +4:30-4:45*	3:30-4:30pm +4:30-4:45*	/	3:30-4:30pm +4:30-4:45*	10:45-11:45a	Can sub 1 practice with AGS
Age Group Silver AGS	6:00-7:05pm	6:25+6:55* +6:55-8:00p	/	6:30-7:00p* +7:00-8:00pm	5:45-6:45pm +6:45-7:00*	9:00-9:30am* 9:30-10:45a	
Age Group Gold AGG	7:05-8:15pm	5:15-5:45* +5:45-6:55p	6:15-6:30p* 6:30-8:00pm	5:15-5:45pm +5:45-7:00pm	4:30-5:45pm 5:45-6:00p*	7:30-8:00am* 8:00-9:30am	Must attend all practices
Due to the Covid-19 pandemic swimmers will be expected to come dressed in their bathing suits, locker rooms will be used for bathrooms breaks only, Please arrive no longer than 5 mnts prior to practice times and exit the pool right after practices to avoid any gathering.							
Senior Dev SRD Swim Fit(4p)	/	/	/	/	/	6:00-8:00am +8:00-9:00a*	Can elect 5 practices a week
Senior Silver SRS	5:00-6:45am 4:30-6:00pm	/	5:00-6:45am 4:15-4:30* 4:30-6:30pm	/	5:00-6:45am 4:30-5:45 +5:45-6:00*	6:00-8:00am +8:00-9:00a*	Can elect 7 practices a week
Senior Gold SRG	5:00-6:45am 4:30-6:00pm	/	5:00-6:45am 4:15-4:30* 4:30-6:30pm	/	5:00-6:45am 4:30-5:45 +5:45-6:15* +5:45-6:00*	6:00-8:00am +8:00-9:00a*	Must Attend all 9 practices

\*\*\*Parents will only be allowed on deck the first and last 5mnts of practices to minimize the number of people in the facility, masks are required during any practice time. Exception will apply to special need kids and first-time practice\*\*\*