Ida Lee / Round Hill Practice Schedule - Spring 2018

(D) - Drylands will be included on these days; swimmers will need to wear appropriate dryland attire. Placement of (D) determines whether drylands be held before/after practice.
***Junior Gold -** Extracurricular drylands provided by **Explosive Performance Training** at Sport & Health (2x a week offered 7-8pm Tues and 10:30-11:30 Sat at Brambleton Sport and Health)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home School (HS IL 1)	AM							
	PM			2:30-3:30		2:30-3:30		
Home School (HS IL 2)	AM		8:00-9:00		8:00-9:00			
	PM							
Olympic Way - Round Hill **(OW RH)**	AM							
	PM	3:30-4:30	3:30-4:30		3:30-4:30			
Olympic Way - Ida Lee **(OW IL)**	AM							8:00-9:00
	PM					4:30-5:30	3:30-4:30	
Top Age Group Bronze - Round Hill **(TAG B RH)**	AM							
	PM	4:30-5:30	4:30-5:30		4:30-5:30			
Top Age Group Bronze - Ida Lee **(TAG B IL)**	AM							
	PM	4:30-5:30 *(@RH)*				4:30-5:30	3:30-4:30	
Top Age Group Silver - Round Hill **(TAG S RH)**	AM							(D)9:30-11:30 (@CM)
	PM	4:30-5:30	4:30-5:30		4:30-5:30		4:30-5:30 (@IL)	
Top Age Group Silver - Ida Lee **(TAG S IL)**	AM							(D)9:30-11:30 (@CM)
	PM	4:30-5:30 *(@RH)*		3:30-4:30		3:30-4:30	4:30-5:30	
Top Age Group Gold (TAG G IL)	AM	6:30-8:00 (D)						(D)9:30-11:30 (@CM)
	PM			3:30-5:00 (D)		3:30-5:00 (D)	4:30-5:30	
Junior Bronze (JR B IL)	AM							
Practices move to Claude Moore during Winter Session	PM		(D) 8:00-9:30	(D)8:00-9:30	(D)8:00-9:30			
Junior Silver (JR S IL)	AM	6:30-8:00 (D)	5:45-7:15		5:45-7:15			6:30-8:00
Practices move to Claude Moore during Winter Session	PM					(D) 8:00-9:30		
Junior Gold (JR G IL)	AM		5:15-7:15		5:15-7:15			8:00-10:00 *(@CM)**
	PM	6:00-7:30		4:00-5:30*		4:30-6:00 *(@CM)*		
Senior Bronze (SR B IL)	AM							
Practices not offered during Winter Session	PM		(D) 8:00-9:30	(D) 8:00-9:30	(D) 8:00-9:30	(D)8:00-9:30		
Stroke Clinic 3 (SC 3 IL, *10 & Under* **)**	-	Not offered during Spring session						
Stroke Clinic 4 (SC 4 IL, *11 & Over* **)**	-							
Summer League Prep 3 (SLP 3, 10 & Under)	-							6:00-7:00 PM
Summer League Prep 4 (SLP 4, 11 & Over)	-							7:00-8:00 PM
Summer League Prep 5 (SLP 5, 8 & Under)	-		3:30-4:30 @ RH		3:30-4:30 @ RH			
Summer League Prep 6 (SLP 6, 9-12)	-		4:30-5:30 @ RH		4:30-5:30 @ RH			