

OPC Age Group Site Practice Schedule

Yellow Days = Dryland days, please be sure to wear sneakers and athletic clothes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver 6/week	Alexander 4:00-6:00 PM	OPC 4:00-6:00 PM	Alexander 4:00-6:00 PM	OPC 4:00-6:00 PM	Alexander 4:00-6:00 PM	OPC 9:00-10:30 AM
Purple 5/week	OPC 4:00-6:00 PM	Alexander 4:00-5:30 PM	OPC 4:00-6:00 PM		OPC 4:00-5:30 PM	OPC 9:00-10:30 AM
White 4/week	Alexander 6:00-7:15 PM		Alexander 6:00-7:15 PM	Alexander 6:00-7:15 PM		OPC 9:00-10:15 AM
Green 3/week		Alexander 5:30-6:30 PM		Alexander 5:00-6:00 PM	Alexander 6:00-7:00 PM	

Thanksgiving Break: Wednesday, November 24 - Sunday, November 28 (No Practices)

Winter Break: Thursday, December 23 - Sunday, January 2 (No Practices)

Spring Break: Monday, April 11 - Sunday, April 17 (No Practices)