



PEAQ - USC Practice Schedule

All Practices at USC High School

Schedule for the Week of November 24

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Swim						Dec 6 & Dec 20 11:30a-1:10p	Dec 7 & Dec 21 2:00-3:40p
Developmental	5:30-6:30p		No Practice				
Age Group 1		6:30-7:30p				11a-12p	
Age Group 2		7:30-8:30p				10-11a	
Age Group 3	6:30-8:15p	No Practice	10:30a-12p		10:30a-12p	9:30-11:30a	
Junior	4:45-5:15p Yoga 5:15-7:00p	6:30-8:30p	7:45-9:45a 9:45-10:30 dryland		8:30-10:30a 10:30-11:30 dryland	8:00-10:00a	
USC High School/ Senior	3-3:45 H.S. Team Pix 3:45-5:30p 5:30-6:30 dryland	Optional 3:15-4:15 Black & White Meet 5:00-6:30p	8:30-10:30a 10:30-11:30 dryland		8:30-11:00a	8:00-10:00a 10:00-10:45 dryland	