



PEAQ - USC Practice Schedule

All Practices at USC High School

Schedule for the Week of December 8

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Swim							
Developmental	<i>Session Over</i>						
Age Group 1		5:30-6:30p		5:30-6:30p	5:30-6:30p If in Christmas Meet Saturday and/or Sunday	No Practice <i>Christmas Meet</i>	
Age Group 2		6:30-7:30p		6:30-7:30p	5:30-6:30p If in Christmas Meet Saturday and/or Sunday	No Practice <i>Christmas Meet</i>	
Age Group 3	7:30-9:00p	7:00-8:30p	6:00-7:45p	6:30-8:00p	5:30-6:30p If in Christmas Meet Saturday and/or Sunday	No Practice <i>Christmas Meet</i>	
Junior	7:30-9:00p	5:15-7:00p 7:00-7:45 dryland	5:30-7:00p Yoga 7-7:30p	5:00-6:15p	5:30-6:30p If in Christmas Meet Saturday and/or Sunday	No Practice <i>Christmas Meet</i>	
Senior	3-4:25p Non USC USC H.S. Meet <i>Report by 3:35p</i>	3:10-5:00p 5:30-6:00 Yoga	3:10-5:30p	3:10-5:00p 5:00-5:30 Yoga	3:00-5:00p	No Practice <i>Christmas Meet</i>	No Practice <i>Christmas Meet</i>