

Practice Schedule:

Groups:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Platinum	5:00-6:45 AM	5:00-6:30 AM 3:00-5:00 PM	5:00-6:45 AM	5:00-6:30 AM 3:00-5:00 PM	6:00-8:00 AM	7:00-9:00 AM
National	7:00-9:00 AM	3:00-5:00 PM	7:00-9:00 AM	3:00-5:00 PM	6:00-8:00 AM	7:00-9:00 AM
Gold	5:00-6:45 AM	5:00-7:00 AM	5:00-6:45 AM	5:00-7:00 AM	6:00-8:00 AM	7:00-9:00 AM
Silver	7:00-8:15 AM	7:00-8:15 AM	7:00-8:15 AM	7:00-8:15 AM	8:00-9:15 AM	
Bronze 1	8:15-9:00 AM		8:15-9:00 AM		9:15-10:00 AM	
Red		8:15-9:00 AM		8:15-9:00 AM		

Dryland Schedule:

Groups:	Monday	Wednesday	Friday
Platinum	6:45-7:30 AM	6:45-7:30 AM	8:00-8:30 AM (RUN)
National	6:00-6:45 AM	6:00-6:45 AM	8:00-8:30 AM (RUN)
Gold	6:45-7:30 AM	6:45-7:30 AM	8:00-8:30 AM (RUN)

****PLEASE NOTE:**

Every 2nd Tuesday, we will have a combined practice for PLATINUM, NATIONAL and GOLD from 12:00pm-2:00pm (as the pool is closed in the morning for cleaning).

-Here are the dates affected: **28th May, 11th June, 25th June, 9th July, 23rd July, 13th August and 27th August**
THERE WILL BE NO PRACTICE FOR RED, BRONZE & SILVER ON THESE DAYS.