

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 20	July 21	July 22	July 23	July 24	July 25	July 26
Senior Elite	8:30-9:30am		8:30-9:45am		8:30-9:30am	8:30-9:45am	
Senior	9:45-10:30am	8:30-9:15am		8:30-9:15am	9:45-10:30am		
Pre Senior		9:30-10:15am	10:00-10:45am	9:30-10:15am			
Gold	10:45-11:30am		11:00-11:30am		10:45-11:30am	10:00-10:45am	
Silver		10:30-11:00am		10:30-11:00am		11:00-11:30am	
Bronze 11-12							
Bronze 10U							

Please arrive 10-15 minutes before your practice begins to ensure enough time for "health check".

If you feel sick please don't come to practice until cleared to protect your teammates and coaches.

Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put it back on.

Keep one way traffic by entering through the side gate and exiting through the double gate.