

	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.**